

BROCKVILLE
GENERAL HOSPITAL
COOK BOOK




REVISED EDITION

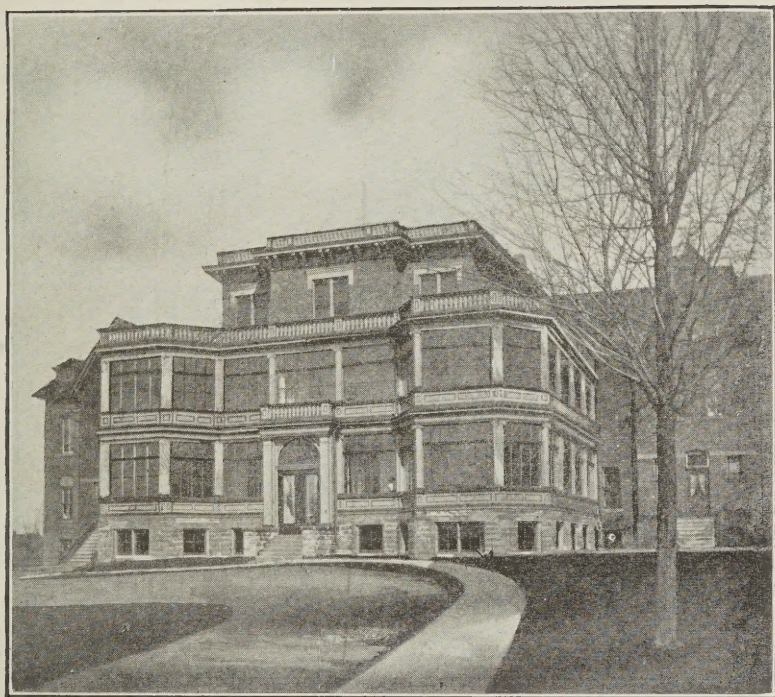
To dear Lo
with love.

Ada & Archie.

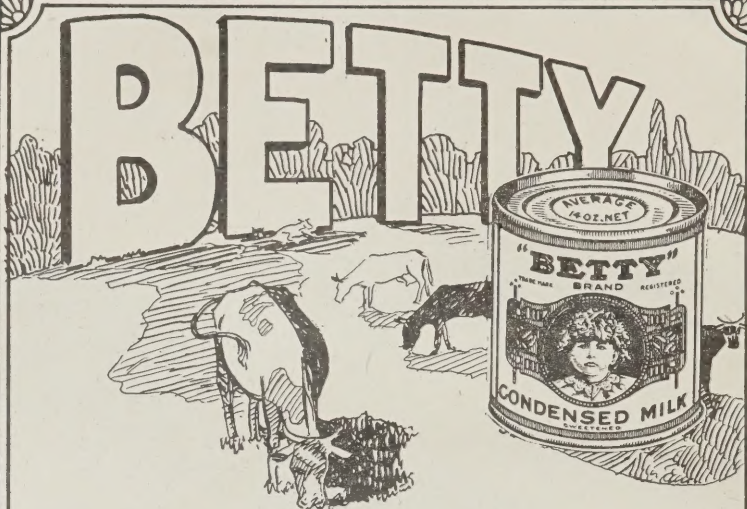
Just a souvenir of Brockville and the
little house, in the little street, a little way from the sea. "



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THE BROCKVILLE COOK BOOK

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REVISED EDITION

“We may live without poetry, music and art;
We may live without conscience, and live without heart;
We may live without friends, we may live without books;
But civilized man cannot live without cooks.
He may live without books,—what is knowledge but grieving?
He may live without hope,—what is hope but deceiving?
He may live without love,—what is passion but pining?
But where is the man that can live without dining?”

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FOREWORD

The continued demand for a former Cook Book, published some years ago and now out of print, was incentive to the Woman's Auxiliary of The Brockville General Hospital to compile the present volume, containing the recipes used before, and many new ones. The furtherance of the Brockville General Hospital's work is made possible by the co-operation of many friends, and warmest thanks are extended to those who have contributed to the success of this book.

COMMITTEE.

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TIME-TABLE FOR COOKING

FISH

Steaming,—	Minutes
Small Fish	10-15
3-5 lbs.	30-60
Broiling,—	
Whole Fish	10-15
Steaks	5- 6
Baking	15 to lb.

MEAT

Roasting,—	
Beef, Mutton	15-20 (to lb.)
Lamb, Pork	20-25 (to lb.)
Veal	20-25 (to lb.)
Broiling,—	
Rare	4
Medium	6
Well Done	8

FOWL

Broiling	20
Roasting	20
Chicken	15-20 (to lb.)
Turkey, Goose	25 (to lb.)

VEGETABLES

Turnips Cabbage	25-60
Onions, Parsnips	30-40
Cauliflower	20-25
Potatoes, Asparagus	20-30
Peas, Beans	20-60
Beets (young)	40
Green Corn	5-12

FLOUR MIXTURE

Pudding (steamed)	30-45
Cake,—	
Layer	15-20
Sponge	25-45
Loaf	30-50
Bread	45-60
Rolls, Buns	15-30
Biscuits	12-15
Pies	30-50

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SPOON AND CUP MEASURE

4	even teaspoons liquid equal.....	1 even tablespoon
3	heaping teaspoons dry material equal.....	1 even tablespoon
16	tablespoons liquid equal	1 cupful
12	tablespoons dry material equal.....	1 cupful
2	cupfuls equal	1 pint
4	cupfuls equal	1 quart
4	cupfuls flour equal	1 quart or 1 lb.
2	cupfuls solid butter equal	1 pound
2	cupfuls granulated sugar equal	1 pound
2½	cupfuls powdered sugar equal.....	1 pound
1	pint milk or water equals.....	1 pound
1	dozen eggs should weigh.....	1½ pounds
1	tablespoon of butter equals.....	1 ounce
2	tablespoons flour equals	1 ounce
2	tablespoons coffee equals	1 ounce
Butter the size of an egg means 2 tablespoons or....		2 ounces

TABLE OF WEIGHTS AND MEASURES

1 quart sifted flour, well heaped weighs.....	1 pound
2 coffee-cups sifted flour (level) weigh.....	1 pound
4 teacups sifted flour (level) weigh.....	1 pound
1 quart sifted cornmeal weighs.....	1 lb. 4 oz.
1 pint soft butter (well packed) weighs.....	1 pound
1½ pints powdered sugar weigh	1 pound
2 coffee-cups powdered sugar weigh	1 pound
1 pint granulated sugar (heaped) weighs.....	14 ounces
1½ coffee-cups granulated sugar weigh	1 pound
1 pint best brown sugar weighs.....	1 pound
Soft butter size of an egg, weighs.....	2 ounces
7 tablespoons granulated sugar, heaped, equals.....	1 teacup
5 tablespoons sifted flour or meal equal.....	1 teacup
3 tablespoons sweet chocolate, grated, weigh.....	1 ounce
2 teaspoons (heaping) of flour, sugar or meal, equal.....	1 tablespoon

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COCKTAILS

SHRIMP COCKTAIL—Shred shrimps fine, add salt, $\frac{1}{2}$ tablespoon lemon juice, 2 drops Tabasco, 1 teaspoon horseradish grated. Mix well, and chill thoroughly. Serve in cocktail glasses.

OYSTER COCKTAIL—8 small raw oysters, 1 tablespoon tomato catsup, $\frac{1}{2}$ tablespoon lemon juice, 2 drops of Tabasco sauce, salt, $\frac{1}{2}$ teaspoon Worcestershire sauce. Mix ingredients, chill thoroughly and serve in cocktail glasses, or cases made from green peppers, placed in a bed of cracked ice.—Miss Bowie.

GRAPEFRUIT COCKTAIL—Allow one large grapefruit for four guests. Remove the pulp and mix with it the pulp of three oranges, one banana diced, four figs cut in bits, one cup grapes seeded and peeled, half a cup Marachino cherries; sweeten with powdered sugar to taste; add two tablespoons of syrup from the cherries. Chill and serve in cocktail glasses.

CANAPES OF CAVIAR—Cut thin round slices of bread about two inches in diameter, toast crisply; butter and spread caviar over them, with chopped hard-boiled eggs (whites and yolks chopped separately); put a border round the caviar. Serve with pieces of lemon.

CANAPES OF SARDINES—Rub 12 sardines through a wire sieve, and put in a small bowl; mix with them 2 oz. of creamed butter, and then add 1 tablespoon of Worcestershire sauce. Put this mixture over heart-shaped pieces of toast about $\frac{1}{2}$ -inch thick. Put small capers around the edges to form a border and put a small olive (Pimola) in the centre.—A. J. Comstock.

CANAPE CAREME—Chop lobster with two pickles and one mushroom, season with salt and pepper and mix two tablespoons of thick mayonnaise dressing with it. Spread on round pieces of thin toast, about 2 inches in diameter, and then put $\frac{1}{2}$ teaspoon of caviar in centre of each.

PINEAPPLE COCKTAIL—1 pineapple, 1 cup sugar, $\frac{1}{2}$ cup cocoanut, $\frac{1}{2}$ cup orange juice, one-third cup grapefruit juice, one-third cup water. Boil sugar and water for 5 minutes, cool and add the fruit juices. Cut pineapple into small cubes, put in glasses with the cocoanut, and cover with the syrup.

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SOUPS

OX TAIL SOUP—Cut the tails into joints, wash the pieces and fry them in a small quantity of butter. Next drain the pieces of tail and put them in a stew pan with a small ham bone, two carrots and onions diced, a head of celery diced, pepper and salt, two bay leaves. Simmer slowly and skim all the fat off until it ceases to rise, then cut off the meat from the tail. Strain vegetables out, thicken soup a trifle, add a wine-glass of sherry. Serve with croutons.—Louise Brough.

CLEAR SOUP—Wash a shank and put on to boil in cold water; when hot, skim and boil for six hours; add 3 carrots, 2 onions, 6 cloves, 1 tablespoon salt, pinch of bay leaves. Boil about an hour; strain. Before serving, add a wineglass of sherry.

CLEAR BOUILLON—Cut up one pound of beef and fry in marrow, add one quart of water and simmer one hour, flavor with bay leaf and kitchen bouquet, clarify with white of egg.—Mrs. G. T. Fulford.

TO CLEAR SOUP STOCK—Remove fat, and allow white and shell of one egg for every quart of stock. Mix well into the cold stock, then boil ten minutes; add half cup cold water, drain through cheesecloth.

SPLIT PEA SOUP—Soak one cup split peas over night. In morning drain, cook in 4 cups of water with a ham bone and 1 onion until peas are tender; press through a sieve, melt 1 tablespoon butter, add 1 tablespoon flour and 1 cup milk, 1 teaspoon Worcestershire sauce, salt and pepper. Cook 5 minutes and serve.

CREAM OF PEA SOUP—Cook one can of peas in a saucepan ten minutes; mash through a strainer and add to one pint of hot milk, thicken slightly with cornstarch and season to taste with pepper, salt and butter.

CREAM OF CELERY SOUP—Boil till tender 2 heads of celery and one small onion, cut in pieces in one quart of stock; put through a puree sieve, and add one pint of milk, thicken with one tablespoon flour and one tablespoon butter creamed; season.

CREAM OF CARROT SOUP—Three medium-sized carrots sliced thin, one slice of onion, and a small bay leaf, 1 cup of water; cover closely and simmer until tender; rub through a strainer, reserving the water in which carrots are cooked. If thick, add one cup of water. Stir 1½ tablespoons each butter and flour until smooth, add this to carrot mixture, stirring constantly until thickened. Season with pepper and salt, add one cup hot milk and half a cup of cream.—Mrs. H. O. Powell.

POTATO SOUP—Boil 1 cup potatoes, cut in dice, adding for flavor two slices of onion and a small stalk of celery; when cooked, drain and rub through a sieve, add this while hot to a white sauce made of 2 cups milk, 2 tablespoons butter and 2 tablespoons flour, ½ teaspoon salt. Serve with croutons.

CORN SOUP—One quart of milk, 1 can of corn or 6 ears, 1 tablespoon flour, 1 tablespoon butter, salt and pepper to taste. Bring milk to boiling point, add salt and pepper and corn, thicken with flour and butter well mixed together. Cook slowly for ten minutes and strain.

TOMATO SOUP—Cook one quart of tomatoes, with one bay leaf, half an onion sliced, 2 teaspoons sugar, a pinch of soda, for fifteen minutes. Melt 1 tablespoon butter in a double boiler, blend with 2 tablespoons flour and a pint of scalded milk; cook until it thickens, add the strained tomato mixture just before serving.

BEAN SOUP—1 cup beans, 1 cup chopped celery, 1 quart cold water, several small slices salt pork. Cook slowly for five hours, strain through a colander, add 1 cup rich milk, a little salt, dash of paprika. Serve with croutons. While cooking, add hot water to keep at original quantity.—Mrs. D. M. Spaidal.

TOMATO SOUP WITH STOCK—1 can tomatoes, 1 large onion, 2 tablespoons sugar, 2 tablespoons each butter and flour, 1 quart of beef stock, 1 scant teaspoon salt. Boil tomatoes with onion, sugar, salt and pepper half an hour, strain, thicken with butter and flour creamed together, add beef stock and serve with chopped parsley and croutons.

SALMON SOUP—Melt in saucepan 2 teaspoonfuls butter, stir in 2 teaspoonfuls flour, add 2 cups of milk gradually, stirring constantly until it boils. Then add $\frac{1}{2}$ cup of cold cooked salmon, or canned salmon, with all bones removed and finely mashed, and 1 tablespoon cream for each cup of milk used. Season with salt and pepper, bring to boiling point and serve.

OYSTER SOUP—Beard and scald a quart or 25 oysters in their own liquor. As soon as gills curl, remove from liquor; make a roux of one tablespoon each of butter and flour, dilute it with the liquor, and when it is smooth add three cupfuls of scalded milk, or cream, season with pepper and salt, add oysters, and as soon as they are heated, serve.

CROUTONS—Cut stale bread into one-third inch slices and remove crusts. Spread thinly with butter and cut slices in third inch cubes or squares. Bake in pan until delicately browned.

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FISH

BOILED FISH—Wash fish, rub with salt and wrap in cheesecloth, drop in long baking pan or fish kettle half filled with boiling water, add a slice of onion, a bay leaf, and teaspoon salt; simmer gently ten minutes to each pound. When cooked, remove cloth, turn on serving platter and garnish with parsley and slices of lemon. This recipe will answer for the boiling of all kinds of fish.—Mrs. Rowe.

BAKED FISH—Stuff a fish, weighing from four to six pounds, with bread crumbs, salt, butter, a little chopped salt pork, parsley, and onion if you desire. Mix this with one egg; sew up the body, lay in large pan, covered with pieces of salt pork. Bake $1\frac{1}{2}$ hours; baste often. When cooked, thicken gravy and pour over it.

FILLET OF HALIBUT—Place one slice of fish in a roasting pan with butter or dripping, sprinkle with salt and pepper and cover with bread crumb dressing. Place second slice of fish on top; season and brush with butter. Bake 40 minutes, basting frequently with melted butter. Can be served with Hollandaise, tomato or Bechamel sauce.—Miss Dana.

SALMON LOAF—Heat 1 cup milk, add 1 cup crackers or bread crumbs, stir together till smooth; beat into it 2 eggs, add 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, 1 tablespoon chopped parsley, 1 tablespoon vinegar, then add 1 tin salmon, flaked, and 1 teaspoon mustard. Bake in greased mould 30 minutes.—Mrs. J. A. McBroom.

PICKLED GASPE SALMON—2 pounds of salmon, boiled in 1 pint or more of hot water. After it has cooked a few minutes add 1 pint of vinegar, 2 teaspoons salt, 1 teaspoon each ground mace, cinnamon and cloves. Cook until fish is thoroughly done, put in a dish with the liquid and serve cold (without liquid), with mayonnaise dressing.—Mrs. W. McLeod Gardner.

SALMON WIGGLE—Make a rich cream sauce in a double boiler and add to it 1 large can of flaked salmon, and 1 cup of French peas which have been drained. Heat all together thoroughly and serve on a platter. Garnish with parsley and triangles of buttered toast, or mounds of mashed potato which have been previously browned in the oven.—Mrs. A. M. Patterson.

FISH CROQUETTES— $\frac{3}{4}$ cup boiled or canned fish, $\frac{1}{2}$ cup white sauce, $\frac{1}{2}$ cup green peas, $\frac{1}{2}$ tablespoon lemon juice, salt, pepper, and dash of nutmeg. Flake fish, season with salt and pepper and sprinkle with lemon juice. Add nutmeg to white sauce, and mix fish sauce and peas together. Set away to get very cold. Shape, roll in fine white crumbs, dip carefully in slightly beaten egg and roll again in crumbs. If the mixture should be too soft to shape, add a few cracker crumbs. Press the peas through a wire strainer without any liquid. Season with salt and pepper, cook in deep fat, and serve with tartare sauce.

FISH BALLS—To 1 can of salmon add a cup and a half of mashed potatoes, one medium-sized onion chopped fine, salt and pepper, and 1 egg; mix together, form into balls and bake in oven or on top of stove, in buttered pan.

CODFISH BALLS—Put on to boil in cold water scant $\frac{1}{2}$ pound of codfish, boil until soft. Then shred and put with 8 medium-sized potatoes. Boil all together until cooked. Drain off water and mash together. To this add $\frac{1}{2}$ cup butter, stir well, season with white pepper, add 3 well beaten eggs, beat thoroughly and put in a cool place over night. In the morning beat in $\frac{1}{4}$ cup cream. Have a kettle of boiling lard, dip tablespoon in lard first, then take a spoonful at a time of the mixture and put in lard to brown. This is enough for nine people. Serve with small pieces of bacon.—Mrs. Brough.

BROILED FINNAN HADDIE—Put a haddie between the greased wires of a broiler and brown on both sides. Put in a pan, cover with hot water, allow it to stand ten minutes, then drain, put on a platter, spread with butter and dust with pepper.

FINNAN HADDIE IN NEWBURY MIXTURE— $\frac{1}{2}$ pint cream, yolks of 3 eggs beaten, 1 tablespoon sherry, salt and cayenne; simmer; flake haddie and pour on boiling water, let stand a few minutes and drain, add to the above mixture and serve hot. Lobster, shrimp, chicken or canned mushrooms may be used in the same way.—Miss F. L. Ward.

SALMON LOAF—1 can salmon picked fine with fork, 4 eggs, 4 tablespoons butter, $\frac{3}{4}$ cup bread crumbs, salt and pepper to taste. Combine ingredients and steam one hour in a quart mould.—Mrs. W. P. Dailey.

ESCALLOPED OYSTERS—Put a layer of oysters in an earthen baking dish, dot with pieces of butter, add a layer of cracker crumbs and seasoning; continue these alternate layers until dish is nearly full, having crumbs for top layer. Cover with either milk or cream sauce.

FRIED OYSTERS—Dry the oysters on a towel, dip them in well beaten egg, with a little pepper and salt, and then in rolled cracker crumbs. Fry in hot lard or butter.

KEBOBBED OYSTERS—25 oysters, 2 stalks celery, 2 tablespoons chopped parsley, 1 beaten egg. Dip oysters in egg, then in bread crumbs. Put a layer in a buttered bake dish, then sprinkle with salt, pepper, butter and a little parsley, and chopped celery, then a layer of oysters and so on until the dish is full. Use a shallow dish.

HOLLANDAISE SAUCE—Rub $\frac{1}{2}$ cup butter to a cream in a small bowl, add (one at a time) the yolks of two eggs and beat well, then add 1 saltspoon salt, $\frac{1}{4}$ saltspoon of cayenne, and the juice of $\frac{1}{2}$ a lemon. A few minutes before serving add $\frac{1}{2}$ cup boiling water. Place the bowl in a dish of boiling water and stir until thickened.

TARTARE SAUCE— $1\frac{1}{2}$ tablespoons vinegar, 1 teaspoon lemon juice, $\frac{1}{4}$ teaspoon salt, one-third cup butter, $\frac{1}{2}$ teaspoon powdered sugar, 1 tablespoon Worcestershire sauce. Mix vinegar, lemon juice, salt, sugar

and Worcestershire sauce in a small bowl and heat over hot water; brown the butter in a frying pan and strain into first mixture.

LEMON BUTTER—Cream $\frac{1}{4}$ cup butter and add slowly 1 tablespoon of lemon juice.

BROWN SAUCE—Cook 1 tablespoon butter and 1 tablespoon flour together until brown; add $\frac{1}{2}$ pint highly seasoned stock, and 1 teaspoon Worcestershire sauce or catsup.

DRAWN BUTTER SAUCE—4 tablespoons butter, 2 tablespoons flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, 1 cup water. Melt 2 tablespoons butter, add flour and seasoning and cook until the mixture bubbles; add water slowly, beat and stir until sauce thickens; remove from fire and beat in the rest of the butter slowly.

CAPER SAUCE—Add 2 tablespoons of capers to 1 cup of drawn butter sauce.

WHITE SAUCE No. 1 (for omelets, cream soups, toast)—1 tablespoon butter, 1 tablespoon flour, 1 cup milk, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon white pepper.

WHITE SAUCE No. 1a (for scalloped dishes and omelets)—1 $\frac{1}{2}$ tablespoons butter, 1 $\frac{1}{2}$ tablespoons flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon white pepper, 1 cup milk.

WHITE SAUCE No. 2 (for creamed meats, fish, vegetables, and toast)—2 tablespoons butter, 2 tablespoons flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon white pepper, 1 cup milk.

WHITE SAUCE No. 3 (for souffles)—3 tablespoons butter, 3 tablespoons flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon white pepper, 1 cup milk.

WHITE SAUCE No. 4 (for croquettes)—4 tablespoons butter, 4 tablespoons flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon white pepper, 1 cup milk. Melt the butter, stir in the flour and seasoning and cook slowly without browning until the mixture bubbles. Remove from the high heat, add the milk gradually, beating and stirring constantly until the sauce thickens.

BREAD SAUCE—1 pint milk, $\frac{3}{4}$ lb. stale bread crumbs, 1 sliced onion, mace, cayenne and salt to taste, and 1 ounce butter. Simmer onion in the milk until tender. Break the bread into small pieces, put in a granite saucepan, strain the milk over it, cover and let it remain for one hour to soak, then beat very lightly with a fork. Add cayenne, salt, and butter. Let boil up once, and serve very hot. A small quantity of cream may be added.—Miss E. M. Fitchie (Belfast).

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MACARONI LOAF—Cook $\frac{1}{2}$ cup macaroni in salted water till tender, and drain; add 1 cup soft bread crumbs pressed well, 1 cup rich milk scalded, 2 tablespoons butter, a piece of green pepper chopped, $\frac{1}{2}$ cup grated cheese, season with a little onion juice, salt, and chopped parsley, 3 eggs beaten lightly. Put in a loaf pan lined with buttered paper, and bake in a pan of boiling water for 30 to 45 minutes in a moderate oven. Serve with stewed tomatoes or tomato sauce.—John Suzuki.

CREAMED CODFISH AND MACARONI—Heat 1 cup of creamed salt codfish with 1 cup of macaroni, or macaroni and cheese. Serve in a border of scrambled eggs.

BAKED CHEESE—Put in baking dish slices of buttered bread with grated cheese between each. Mix 1 pint of milk and 2 eggs, pour over bread, add grated cheese on top, and bake in moderate oven.

CHEESE CROQUETTES—Have 1 cup of extra thick cream sauce boiling, add $\frac{1}{2}$ pound cheese cut in small dice, the yolks of 2 eggs, salt and cayenne pepper. Stir for a minute to let it get hot, but the cheese should melt only partially. Remove from the fire and cool it off quickly by spreading out thin on a platter. When cold, form thin oblong-shaped cakes. Put them in flour, egg, and fresh bread crumbs (be sure to have them well breaded). Fry in very hot deep fat and serve on a napkin.

FILLING FOR OYSTER PATTIES—Make a white sauce of a pint of cream, 2 tablespoons butter, 4 tablespoons flour. Cook, season to taste with white pepper, salt, and celery salt. Drain a pint of oysters, cut in half taking out the hard part, parboil in their own liquor, add to white sauce and fill patties.—Mrs. R. Field.

RUSSIAN WATROUSKIES—1 cup of grated cheese, 1 tablespoon butter, $\frac{1}{2}$ teaspoon salt, little mace, 1 whole egg and 2 extra yolks, 1 tablespoon flour. Beat until smooth. Roll puff paste, cut in rounds, set a narrow strip around the edge wetting it to make it stick. Fill it with the cheese mixture and bake in a moderate oven 20 minutes.—Mrs. R. Snelson.

NUT AND CHEESE RELISH—Mix one package of cream cheese with 2 tablespoons of whipped cream, 1 cup finely chopped nut meats (preferably walnuts), 1 teaspoon finely minced parsley, a dash of red pepper, salt. Roll into balls, decorate with nuts and parsley. Serve ice cold with meat for luncheon, or with salad.

LUNCH DISH—Boil Spanish onions until tender, remove the middle and stuff with sausage meat. Put in oven and bake until sausage is cooked. Serve with a heavy cream sauce: 1 tablespoon flour, 1 oz. butter, 1 cup milk, salt and pepper to taste.—Mrs. H. A. Clarke.

CHEESE-TOMATO SAUCE—One cup strained tomato juice, $1\frac{1}{2}$ tablespoons flour, 2 tablespoons butter, $\frac{1}{4}$ teaspoon salt, a dash of pep-

per, $\frac{1}{2}$ cupful grated cheese. Melt the butter and blend the flour with it; heat the tomato juice and pour over the flour and butter, stirring constantly till it is a smooth paste. (Use a double boiler.) Just before taking from the fire add the cheese, salt and pepper, taking care not to let it cook after the cheese is added. Serve in hot biscuits, or with macaroni; or it may be used cold with a meat loaf.—Miss Curry.

MACARONI AND CHEESE— $\frac{1}{4}$ lb. of macaroni, 6 tablespoons cheese, 4 tablespoons butter, 1 egg, a grain of cayenne, a grain of white pepper, $\frac{1}{2}$ teaspoon salt, 1 pint of milk, 1 teaspoon mustard (dry). Wash macaroni in cold water and boil in cold water; pour off and boil in milk 15 minutes. Beat the other ingredients together, and add to macaroni; put the mixture into a buttered dish, leaving enough grated cheese and butter for top.—A. M. B.

LUNCHEON DISH—SPANISH RICE—2 cups of cold boiled rice, 1 can tomato soup, 1 (scant) pound hamburger steak, $\frac{1}{2}$ cup butter, pepper and salt. Mix all together in baking dish and bake. If there is plenty of suet in steak, use less butter.—Mrs. C. D. Perrin.

DEVILLED LOBSTER—2 pounds of lobster meat, 1 pint cream, 1 dessertspoon mustard (dry, mixed with cream). Cut lobster meat into dice, take off claws and use meat. In a double boiler make a sauce of cream, mustard, a little cayenne pepper, salt, and cornstarch to thicken, add $\frac{3}{4}$ each green and red pepper chopped. After sauce is cooked add lobster meat and cook 3 minutes. Put in a baking dish with sifted bread crumbs on top, dot with butter. Bake slowly for 10 minutes. Garnish. Half of this quantity may be used.—K. McD. Jackson.

LOBSTER A LA NEWBURY—Put 1 tablespoon each butter and flour in a saucepan over the fire, when blended add 1 pint of cream and simmer slowly until thickened, stirring constantly; then add yolks of 2 eggs and stir until smooth; add gradually a wineglass of sherry and half a glass of brandy, a little grated nutmeg and a dash of red pepper. Add prepared lobster, salt and pepper to taste, and serve in chafing dish.—Mrs. H. O. Powell.

SCALLOPED MEAT—1 cup meat, $1\frac{1}{2}$ tablespoons fat, $1\frac{1}{2}$ tablespoons flour, $\frac{3}{4}$ cup hot milk or stock, $\frac{3}{4}$ teaspoon salt, pepper, onion juice or parsley, $1\frac{1}{2}$ cups buttered crumbs. Put a few of the crumbs in a buttered baking dish. Mix the flour with the melted fat, add seasoning and hot milk and cook until it forms a sauce. Mix the chopped meat with this sauce and pour it into a baking dish. Cover the top with the remainder of the crumbs and brown in a hot oven ten or fifteen minutes.—Miss Carlyle.

MEAT SOUFFLE—Melt 1 heaping teaspoon butter, 1 heaping tablespoon flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ saltspoon pepper, 1 coffee cup of milk in which is boiling a slice of onion. Remove onion and stir into milk the flour and butter. When the sauce is as smooth as cream, add 1 cup of finely chopped beef, mutton, or veal. When all is well heated draw it aside and add yolks of 2 eggs. When cold, stir in whites of the eggs, and put in a buttered mold. Bake 20 minutes.—Miss Dana.

BANANA FRITTERS—Press the pulp of 4 or 5 bananas through a sieve and add the beaten yolk of 1 egg, 1 tablespoon sugar, 1 teaspoon butter (melted), 1½ cups flour mixed and sifted with 2 teaspoons baking powder, and ¼ teaspoon salt. Beat until very light, fold in the stiffly beaten egg whites, drop from a spoon into deep hot fat, and cook until brown.

CHICKEN FRITTERS—A most delicious fritter is made by chopping cold chicken meat, seasoning it with celery salt and mixing in the ordinary fritter batter. Fry by spoonfuls in deep fat and serve with mushroom sauce.

Mushroom Sauce—Dissolve ½ teaspoon Libby's extract beef in ½ pint boiling water; fry 1 minced onion and 1 chopped carrot in a little butter till well browned, pour liquid over them, let all boil together for 10 minutes, add a dessertspoon of mushroom catsup. Skim, strain and serve.—Mrs. Weatherhead.

CANNED STRAWBERRY FRITTERS—Drain every drop of liquor from a can of strawberries. Make a batter of 2 eggs (yolks and whites beaten separately), 1 cup of milk, 1 teaspoon of sugar, and about 2 cups of prepared flour. Beat well, add the strawberries and fry at once in deep fat (lard). A delicious sauce is made by beating the juice left from the berries and adding ½ wineglass of sherry.—Mrs. Weatherhead.

FINDON AND CHEESE SAVOURY—1 findon haddock, 1 tablespoon cream, 2 tablespoons grated cheese, mustard, cayenne. Scrape the meat from the bones and mix with the other ingredients. Cook this for a moment, then add a well beaten egg and boil the mixture for a moment. Serve on hot buttered toast.—Mrs. H. A. Clarke.

MACARONI AND HAM—Boil ½ cup of cut macaroni in salted water. Pour on very quickly some cold water and drain. Put in a shallow baking dish, sprinkle with 1 cup of finely minced ham seasoned with mustard, and cover with a white sauce made of 1 tablespoon of flour, 1 oz. butter, 1 cup of milk, 1 egg beaten in. Pour over the macaroni and sprinkle on the top two-thirds cup of cracker crumbs moistened in melted butter. Bake long enough for the crumbs to brown.—Mrs. H. A. Clarke.

SAVORY SLICED HAM—1 lb. thinly sliced cooked ham, 3 teaspoons mustard, 2 tablespoons catsup, ¼ teaspoon pepper, dash of cayenne pepper, 1 cup grated cheese. Mix thoroughly the mustard, pepper, catsup, and cayenne. Spread the slices of ham with the mustard mixture and place one slice on top of another with grated cheese between, thus forming a brick-shaped pile. Bake for 15 minutes. Remove and cool thoroughly. Cut down in slices at right angles to the layers.—A. J. Comstock.

HINDU EGGS—2 hard boiled eggs, 2 raw eggs, ½ teaspoon salt, ¼ teaspoon paprika, 1 teaspoon curry powder, ¼ cup dry bread crumbs, 1 tablespoon butter, ¼ cup grated cheese. Slice the hard boiled eggs and place in a well buttered baking dish. Cover with the raw eggs well beaten, sprinkle with the salt, paprika and curry powder. Place on the top the bread crumbs mixed with the butter melted, and then the cheese. Bake till brown.

EGG IN TOMATO BASKET—Hollow out the inside as as many ripe tomatoes as required, leaving a firm wall. Break an egg into each tomato, season, sprinkle with grated cheese and dot with butter. Bake until eggs are firm.—Lem Fang.

SWISS EGGS—Spread 2 tablespoons of butter on bottom of a bake dish and lay on it 6 thin slices of cheese. Break 6 eggs on this, keeping the yolks whole. Sprinkle over with pepper and salt. Mix 1 teaspoon of chopped parsley and 2 tablespoons of grated cheese and strew over the eggs. Bake in a very hot oven for 10 or 12 minutes and serve at once. Nice for lunch.—Mrs. H. A. Clarke.

EGG CROQUETTES—2 cups milk, 1 tablespoon butter, dash of salt, 6 eggs boiled hard, 3 tablespoons flour. Mash the yolks, add a little parsley, chop whites, mix all together and add a dash of paprika. Turn eggs into sauce while hot, then set away to cool. Mould into shape, roll in egg and cracker crumbs. Fry in deep fat.—Mrs. J. M. Walsh.

CHEESE BISCUITS—2 oz. grated cheese, 2 oz. butter, 2 oz. flour, a shake of cayenne pepper, yolk of 1 egg. Rub butter into flour; mix in the grated cheese, add cayenne with discretion, and moisten with yolk of egg. Roll out to $\frac{1}{8}$ inch thickness, stamp into rounds with cake cutter. Bake in moderate oven for 15 minutes. Serve hot with coffee.—Louise Rourke.

CHEESE SOUFFLE—1 small tablespoon of butter, 1 large tablespoon flour. Beat until it bubbles, then add a cup of milk, stir until it boils, add 3 tablespoons of grated cheese, a little salt and pepper. Stir in the yolks of 2 eggs well beaten; whip up the whites very light and stir these in last. Turn the whole into a well buttered dish and bake 20 minutes in a moderate oven. Serve at once or it will fall.—Mrs. Hardy.

OMELET—To each egg add 1 tablespoon milk, beat eggs separately, add salt to the white and pepper to the yolk. When beaten well, fold white into yolk and milk. Cook in omelet pan and brown top in the oven.

SPANISH OMELET—Have this mixture prepared beforehand: Cook together until thick 1 can tomatoes, 1 can mushrooms, 1 onion (cut up), 1 small bottle olives stuffed with red peppers, salt and pepper. Fold in an omelette and pour extra sauce around it.

BAKED OMELET—Cook 1 even teaspoon of cornstarch in a tablespoon of butter until it is smooth, add salt and pepper and $\frac{1}{2}$ cup of milk. When it thickens, take from the stove. Beat 2 eggs separately, add to cornstarch, pour into a hot well-buttered frying pan. cook in usual way or set in a moderate oven, leave about 10 minutes, take out, double over, and serve hot on platter. It is done when a knife can be drawn across and come out clean.—Mrs. Robinson.

CURRIED EGGS—4 hard boiled eggs. Make a sauce with 1 dessertspoon of chopped onion, 1 tablespoon of butter, 1 tablespoon of flour, 1 teaspoon curry powder, $\frac{1}{2}$ teaspoon of salt, 1 cup of milk. Fry butter and onion until brown, then add flour, curry powder and salt. Cut the eggs in halves, pour sauce over them and serve.

DEVILLED EGGS—6 hard boiled eggs. Cut in halves, remove yolks and mash in bowl with 1 tablespoon melted butter, salt, paprika, 2 tablespoons mayonnaise, a little chopped gherkin. Refill the whites.

SAVORY SUMMER DISH—4 medium sized tomatoes, 1 onion, 1 small tablespoon butter, 4 ozs. grated cheese, 1½ cups milk, pepper and salt, 6 slices buttered toast. Skin tomatoes, put in a saucepan, add butter and onion sliced fine. Cook slowly 20 minutes with lid on; add cheese and milk thickened with a little flour, pepper and salt to taste. Pour over toast.—Mrs. D. D. Donovan.

CASSEROLE OF RICE AND MEAT—1½ cups cold cooked rice, 2 cups cold cooked meat, 1 cup cream sauce or hot stock, 1 egg. Seasonings: Salt, pepper, cayenne, celery salt, onion juice, and lemon juice. Line a greased mould with rice mixed with beaten egg. Moisten meat with sauce, add seasonings and pack in centre of mould. Cover with rice and steam 45 minutes. Serve with tomato or celery sauce.—Mrs. Robert Driver.

LOBSTER SANDWICHES—Make from the best canned lobster. Pick it apart very fine. Have celery cut fine. Mix an equal quantity of lobster with the celery, and use sufficient boiled dressing, or mayonnaise to make a good consistency. Do not butter the bread.—Mrs. John Gunn, Toronto.

TUNA FISH SANDWICHES—Make a paste of tuna fish and salad dressing, seasoning with salt and pepper. Use as sandwich filling.

CHEESE AND TOMATO SANDWICH—Between thin slices of buttered bread place a slice of tomato, seasoned and covered with grated cheese. Toast under broiler on both sides.

CHEESE TOAST—Cover thin slices of buttered bread with grated cheese and paprika. Brown one side under broiler.

COMBINATION BANANA SANDWICHES—3 ripe bananas, 3 tablespoons minced bacon (previously cooked), yolks of 3 hard boiled eggs. Mash together bananas and yolks of eggs, then add the minced bacon. This is sufficient for a good-sized loaf.

GREEN PEPPER BISCUITS—To halves of small buttered baking powder biscuits add chopped sweet green peppers mixed with mayonnaise.

PEANUT BUTTER AND BANANA SANDWICHES—2 ripe bananas, 3½ oz. jar of peanut butter. Thinly buttered bread spread with peanut butter and thinly sliced bananas.

STRIPED SANDWICHES—1 gherkin, 6 stoned olives, 1 tablespoon cream cheese, 1 tablespoon capers, 6 tablespoons mayonnaise dressing. Cut slices of bread (2 white and 2 brown), butter, and spread alternate slices with this mixture. Cut in thin strips.

MONTREUX SANDWICHES—4 eggs, 2 tablespoons butter, 1 tablespoon chopped parsley, pinch of paprika, anchovy essence. Boil eggs very hard, mash well and mix with butter, paprika and parsley. Add enough anchovy essence to make all a good pink color. Spread between thin slices of bread.

RELISHES TO BE USED WITH MEATS

- With Roast Beef serve Grated Horseradish.
- With Roast Veal serve Tomato or Horseradish Sauce.
- With Roast Lamb serve Mint Sauce.
- With Roast Pork serve Hot Apple Sauce.
- With Roast Venison serve Black Currant or Grape Jelly.
- With Roast Turkey serve Cranberry Jelly.
- With Roast Goose serve Tart Apple Sauce.
- With Fried Chicken serve Cream Gravy and Corn Fritters.
- With Roast Duck serve Apple Sauce and Orange Salad.
- With Cold Boiled Tongue serve Sauce Tartare or Pimento Olives.
- With Broiled Steak and Chops serve Tomato Sauce.

MEATS

HAM WITH PINEAPPLE—Fry the ham as usual and place on a large platter to keep warm. In the pan in which the ham was fried, keeping all the rich juices in it, place as many rounds of canned pineapple as you wish servings of ham, and fry the pineapple to a golden brown, first on one side and then on the other. Place these rings of pineapple around the ham and garnish with parsley.—Mrs. W. H. Comstock.

CROWN OF LAMB—Select parts from two loins containing ribs, scrape flesh from bone between ribs as far as lean meat and trim off backbone. Shape each piece in a semi-circle, having ribs outside, and sew pieces together to form a crown. Trim ends of bones evenly, care being taken that they are not left too long. Wrap each bone in a thin strip of salt pork, or insert in cubes of fat salt pork to prevent bone from burning; then cover with buttered paper. Roast one and one-quarter hours. Remove pork from bones before serving and fill centre with green peas.

BEEF OR VEAL LOAF—3 pounds meat chopped, 2 eggs, 2 tablespoons cream, 1 tablespoon salt, 1 teaspoon pepper, 6 tablespoons cracker or bread crumbs. Summer savory or other seasoning may be added, if desired. Mix well, form into a loaf, bake 1½ hours, basting frequently.—Mrs. G. T. Lewis.

VEAL OR CHICKEN POT-PIE—Stew meat until well done (if veal, 2½ hours) in fresh water enough to cover well. When half done, season with salt and pepper. Half an hour before taking up make a common baking powder biscuit dough, lay in small pieces over the top of the meat. Keep tightly covered. Thicken the gravy with a little flour and butter.

BROWN STEW—1 pound beef, 1 cup cold water, 2 tablespoons flour, ¾ teaspoon salt, 1 small onion, ¼ cup cubed carrots, ¼ cup cubed turnips, pepper. Cut fat off meat and put in a stew pan. Cut meat into pieces and roll in flour; brown in hot fat. Add the water, cover closely and let simmer 2½ hours. Add onions sliced thin, carrots, turnips, salt, pepper, and simmer ½ hour.

Dumplings for Stew—1 cup flour, one-third cup milk, 2 teaspoons baking powder, ¼ teaspoon salt. Stir all together and drop by spoonfuls into hot stew. Boil fifteen minutes. Do not take lid off.

YORKSHIRE PUDDING (to be eaten with roast beef)—4 heaping tablespoons flour, a little salt, 1 teaspoon baking powder mixed with the dry flour, 2 eggs well beaten, 1 pint milk; mix very smooth; ½ cup dripping in pan. Bake ½ hour.—Mrs. E. J. Reynolds.

BOILED HAM—To boil 10 or 12-lb. ham place in kettle of boiling water, boil for 3 hours; the last half hour add ½ cup vinegar. Let stand in water until cool.—Mrs. G. B. Murray.

TO CORN BEEF—To 20 pounds beef use 1 pound sugar, 1 pint of salt, 2 tablespoons saltpetre. Let stand nine days and turn every day.

TO CORN BEEF—Five pounds of brisket or flank of beef, 5 tablespoons of coarse salt, 3 tablespoons of brown sugar, half teaspoon saltpetre. Place the beef in a granite pot, add salt, sugar and saltpetre and cover with cold water. Place a weight on the meat to keep it under the pickle—twenty-four or forty-eight hours. Boil in the pickle for about three hours. Let meat cool in the pickle in which it was boiled.—Miss Emma Smith.

CORN CAKES (to serve with roast beef)—To 1 cup canned corn add $\frac{3}{4}$ cup milk, $\frac{1}{2}$ tablespoon sugar, 2 well beaten eggs. Mix and sift 1 cup flour, $\frac{1}{2}$ teaspoon salt, 1 tablespoon baking powder. Combine mixture and drp by spoonfuls into hot buttered muffin tins. Bake in a moderate oven.

PICKLED TONGUE—1 quart salt, 1 tablespoon each ground cloves, cinnamon, allspice, mace, 1 teaspoon white pepper, $\frac{3}{4}$ cup brown sugar, small piece saltpetre. Leave in pickle nine days. Boil $3\frac{1}{2}$ hours slowly.—Mrs. J. A. McBroom.

JELLIED TENDERLOIN—Boil till tender. To a pint of the juice add one paper envelope of Knox gelatine and pour over tenderloin in mould.

DRESSED TENDERLOIN—Two pork tenderloins, 1 teaspoon salt, $1\frac{1}{2}$ teaspoonfuls summer savory, 2 cups bread crumbs (soft), $\frac{1}{4}$ teaspoon pepper, 1 tablespoon melted butter. Open the tenderloin lengthwise, scoring them until they lie flat, sprinkle inside with salt and pepper and dredge lightly with flour. Make a dressing of the other ingredients, place between the tenderloins and sew up with cotton. Bake.

STEWED KIDNEYS—Wash thoroughly, and put on to boil for $\frac{1}{2}$ hour; take from that water and wash thoroughly again; put into fresh water and boil until tender, that is from 1 to 2 hours. Let them stand in that water over night. In the morning cut into small pieces and thicken the water it has been in with butter and a little flour and cook about 20 minutes. Pepper and salt to taste.

TO CLEAN SWEETBREADS—Carefully pull off all the tough and fibrous skin. Place them in a dish of cold water for 10 minutes or more, and they are then ready to be boiled 20 minutes, no matter what the mode of cooking is to be.

SWEETBREADS AND PEAS—Boil the sweetbreads in water with a little salt 15 minutes. Make a white gravy with $\frac{1}{2}$ cup of milk, butter and salt, thicken with 1 teaspoon flour. Cook the sweetbreads in this for a few minutes. Serve on a platter with green peas around the outside edge. Canned French peas may be used.

FRIED SWEETBREADS — Take sweetbreads and after you have removed all pieces of fat or skin, split them open and let them lay in tepid water about 20 minutes. Take them from the water and dry them in a clean napkin. Have ready cracker crumbs on your moulding board; dip the sweetbreads first in well beaten egg, then in the cracker

crumbs and fry as oysters. Cook about 30 minutes. Serve with a cream sauce.

SWEETBREAD CUTLETS—1 pair sweetbreads, 1 teaspoon lemon juice, $\frac{1}{4}$ teaspoon each salt and pepper, 1 egg, a grating of nutmeg, $\frac{1}{2}$ teaspoon chopped parsley, $\frac{1}{2}$ cup cream sauce. Put sweetbreads in cold water 1 hour. Remove and boil for 20 minutes in boiling salted water to which the lemon juice has been added. Drain and plunge in cold water for a couple of minutes. Chop sweetbreads, season, add the cream sauce to which a slightly beaten egg has been added. Cool, and shape into cutlets and fry. Make a cut in the small end of each cutlet and insert a piece of cold boiled macaroni $1\frac{1}{2}$ inches long. Serve with *allemande* sauce.

Allemande Sauce—4 tablespoons (flat) butter, 4 tablespoons (flat) flour, 2 cups white stock, salt and pepper, 2 teaspoons lemon juice, yolk of 1 egg. Boil till it thickens.—Mrs. Robert G. Driver.

TO FRY CHICKEN—Singe, joint, wash carefully and dry well. Put 2 tablespoons of butter or nice sweet dripping in an iron kettle and heat almost to burning point, drop in the chicken and keep stirring until nicely browned. Season to taste and add just enough water to keep from burning. Cover closely and cook more slowly until tender. Thicken gravy with flour. Curry powder makes a delicious seasoning.—Mrs. A. E. Shaver.

SMOTHERED CHICKEN—The chicken must be washed well and let dry or wiped, lay it breast upwards in a baking tin, and cover with slices of thin bacon, pour over this 2 cups boiling water in which has been dissolved a heaping tablespoon of butter. Cover this with another pan turned downwards and fitting exactly the edges of the lower one. Cook slowly half an hour, lift cover and baste plentifully and then again a quarter of an hour later. One hour and ten minutes should be enough for young fowl. The last fifteen minutes it is in the oven remove the top pan and allow chicken to brown.—J. I. Bowie.

MARYLAND CHICKEN—Dress, clean and cut up two chickens, sprinkle with salt and pepper, roll in flour, egg and crumbs; place in well greased dripping pan and bake twenty minutes with $\frac{1}{2}$ cup melted butter. Arrange on platter and pour over two cups cream sauce.

Sauce—Put four tablespoons butter in a saucepan, and when bubbling add three tablespoons flour, $\frac{1}{2}$ teaspoon salt, a little pepper mixed together. Stir until thoroughly mixed. Pour on gradually two cups scalded cream and stir and beat until smooth and glossy.—Mrs. Hardy.

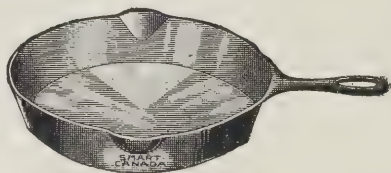
CHICKEN A LA KING—Melt 2 tablespoonfuls butter in a frying pan or chafing-dish, add $\frac{1}{2}$ green pepper chopped fine, cup of fresh mushrooms peeled and broken in pieces. Stir and cook 3 or 4 minutes; add 2 level tablespoonfuls flour, $\frac{1}{2}$ teaspoonful salt. Cook until frothy. Then add 1 pint cream and stir until sauce thickens. Set over hot water; add 3 cups cooked chicken cut in cubes. Cover and let stand to become very hot; then cream $\frac{1}{4}$ cup of butter, beat into it the yolks of 3 eggs, 1 tablespoonful onion juice, 1 tablespoonful lemon juice, $\frac{1}{2}$ teaspoonful paprika. Stir this mixture into the hot chicken until the eggs thicken a little. Serve on toast.—Mrs. W. A. Lewis.

SMOTHERED CHICKEN—Cut chicken down the back, flatten out, pepper and salt well. Smother with 6 good sized tomatoes, or a can of tomatoes, 2 green peppers cut in slices, 2 small onions and about 6 slices of bacon over the top. Cook about one hour.—Miss Julia Ward.

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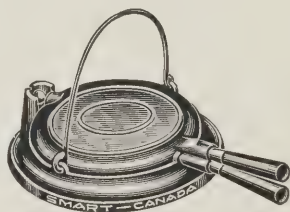
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VEGETABLES

CAULIFLOWER TIMBALES—Break a small cauliflower into small separate flowerets, and cook until tender in boiling salted water. With them nearly fill buttered timbale moulds. Then fill each mould with a custard mixture made by using two eggs to each cup of milk, and seasoning to taste with salt, cayenne, and a little grated cheese. Set in a pan of boiling water and cook in a moderate oven until set, about 25 minutes. Tip out gently and surround with a little thick tomato cheese or cream sauce.—Edith Smellie.

JERUSALEM ARTICHOKEs—Wash and scrape the artichokes, throw them into cold water and soak for two hours. Then cover them with boiling water and boil until tender. Watch closely or they will harden again. Serve with cream sauce.

CREAMED CABBAGE—Two cups cooked cabbage chopped, melt 1 tablespoon butter in saucepan, add 2 tablespoons flour, 2 cups hot milk. Cook until it thickens, season, pour over cabbage. Cover with buttered crumbs and bake till brown.

PARSNIP FRITTERS—4 parsnips, boiled and mashed fine, add 3 well beaten eggs, 2 tablespoons flour, butter size of an egg, 1 cup milk, salt to taste. Shape in cakes, roll in flour, and saute in butter.

CORN PUDDING—4 eggs, 1 dessertspoon sugar, 1 tablespoon flour, salt and pepper to taste; 1 can of corn, or equivalent of fresh corn, 1 cup milk, butter size of an egg. Mix together and bake $\frac{3}{4}$ of an hour in moderate oven.—Mrs. H. A. Stewart.

FRIED CUCUMBERS—Pare cucumbers and cut lengthwise in one-third inch slices; dry between towels; sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again. Fry in deep fat, and drain.

CORN FRITTERS—1 can corn, 1 cup flour, 1 teaspoon baking powder, 2 teaspoons salt, $\frac{1}{4}$ teaspoon paprika, 2 eggs. Chop corn and add dry ingredients mixed and sifted, then add yolks of eggs beaten until thick, and fold in whites of eggs beaten stiff. Cook in a frying pan in fresh hot lard. Drain on paper.

FRIED TOMATOES—Wash smooth tomatoes and cut into halves. Place in pan, skin side down, with small pieces of butter on each slice; sprinkle with salt and pepper and fry carefully and do not brown. Turn and cook both sides evenly. When tender, place in a heated dish. Brown butter in pan with two teaspoons flour and stir till smooth, add 2 cups of milk, blend together, season. Pour over the tomatoes and serve.—Miss Carter.

FRIED GREEN TOMATOES—Slice green tomatoes, sprinkle with salt and pepper, fry in hot butter. Serve with hot meat.

ESCALLOPED TOMATOES—1 can tomatoes, 1 large pint of bread crumbs, 3 teaspoons butter, 1 teaspoon salt; place in alternate layers in baking dish with pieces of butter on top. Bake 20 minutes in a moderate oven. Sliced onions may be added.

STUFFED PEPPERS—6 green peppers, 1 onion finely chopped, 2 tablespoons butter, 4 tablespoons chopped mushrooms, one-third cup brown sauce, 3 tablespoons bread crumbs, salt and pepper, buttered bread crumbs, 4 tablespoons lean raw ham finely chopped. Cut slice from stem end of each pepper, remove seeds and parboil peppers fifteen minutes. Cook onion in butter, add mushrooms and ham and cook one minute, then add brown sauce and bread crumbs. Cool mixture, sprinkle peppers with salt, fill with cooked mixture, cover with bread crumbs and bake ten minutes.

BOSTON BAKED BEANS—3 pints small white beans, soak in cold water over night. Boil next day 20 to 30 minutes. Place in bean jar half of the quantity, 1 pound of fat salt pork, then the remainder of beans; then add four tablespoons Western molasses, cover with boiling water, and bake three hours.—Mrs. G. B. Murray.

STUFFED POTATOES—Bake potatoes, scrape inside out of skins, add butter, salt, pepper and finely chopped onion and parsley, then return to skins, small piece of butter on top of each, and put in hot oven for about fifteen minutes.

POTATO CROQUETTES—2 cups mashed potatoes, 2 tablespoonfuls cream, 1 teaspoonful onion juice, 1 teaspoonful salt, yolks of two eggs, 1 tablespoonful chopped parsley, a piece of butter size of a walnut, a dash of cayenne. Beat the yolks until light, add to the potatoes, then add all the other ingredients; mix and turn into a small saucepan, stir over the fire until the mixture leaves the sides of the pan, take from the fire and when cool form into cylinders. Roll first in egg then in bread crumbs and fry in boiling fat.

LYONNAISE POTATOES—Half a pound of cold boiled potatoes, 2 ounces of onions, 1 heaping teaspoonful of minced parsley, butter size of an egg. Put butter in a saucepan and when hot throw in the minced onions and fry to a light brown. Add the sliced potatoes and turn until they are thoroughly hot and nicely browned, add the minced parsley and serve immediately.

POTATO PUFF—Stir 2 cups mashed potatoes, 2 tablespoonfuls melted butter and some salt to a fine light and creamy condition, add two eggs well beaten separately, and six tablespoonfuls of cream. Beat it all well together, pile it in a rocky form in a dish and bake in a quick oven until nicely browned.

SWEET POTATOES—Take ordinary sized potatoes, boil until almost ready for use, then slice into a baking dish, putting a very little salt on each layer. Take a piece of butter the size of a small egg, melt and pour over; with a scant tablespoonful of sugar sprinkle over top. Bake half an hour in not too hot oven.

SCALLOPED POTATOES—Wash and pare the potatoes, cut in

slices and lay in a buttered baking dish, seasoning with salt and pepper and a little butter on top. Fill the baking dish $\frac{3}{4}$ full with milk and bake for one hour in a moderate oven. If too much salt is added the milk will curdle.

FRENCH FRIED POTATOES—Pare small raw potatoes, divide in halves and cut each half in three pieces. Cover with cold water, let stand half an hour and dry thoroughly. Cook in hot fat till brown. Drain, sprinkle with salt and serve.—Contributed.

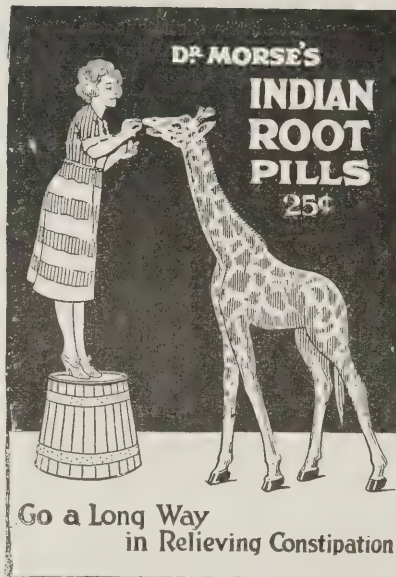
MACARONI WITH TOMATO SAUCE (used as a vegetable)—Break six sticks macaroni in even lengths and boil in 3 pints salted water 25 minutes. Drain, and pour cold water over it, drain again and cover it with a sauce made by frying a tablespoon of minced onion in a tablespoon of butter and when brown adding a heaping tablespoon of flour, which must also become brown. Then add $1\frac{1}{2}$ cups strained tomato, a small salt spoon of ground cloves, the same of pepper and $\frac{1}{2}$ teaspoon of salt. Serve very hot.—Mrs. F. B. Steacy.

VEGETABLE MARROW STUFFED—Trim the marrow and cut in halves. Take out seeds. Parboil an onion and chop finely, mix it with a cup of bread crumbs soaked in milk and egg, teaspoon sage, 1 oz. butter, pepper and salt to taste. Fill the marrow with the mixture, put halves together, brush butter over and bake half an hour.

EGG PLANT—Bake three or four egg plants until done, then take off the outside skin; mash and add salt and pepper to taste. Grate a large onion, 1 teaspoon vinegar, 1 tablespoon olive oil and mix with mashed egg plant.—Mrs. H. Sky.

FRIED EGG PLANT—Cut in slices $\frac{1}{2}$ inch thick, remove skin, sprinkle with salt, pile slices one on another, cover with plate and weight and let stand over night. Drain, wash in cold water, dip in bread crumbs, egg and crumbs, or in butter, and fry in deep fat.

CANDIED HUBBARD SQUASH—Cut squash in pieces about three inches square. Boil without peeling in slightly salted water until tender. Remove from rind. Place in baking dish, sprinkle each piece with pepper, salt, and brown sugar, a dot of butter, pour over $\frac{1}{2}$ cup water and bake.—Mrs. James Taylor, Toronto.



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SALADS AND SALAD DRESSINGS

PREPARED MUSTARD—2 teaspoons mustard, 1 teaspoon flour, 1 small teaspoon salt, 1 teaspoon each butter and sugar. 1 tablespoon vinegar, $\frac{1}{2}$ cup boiling water. Mix in order given in granite saucepan, add water and cook till it thickens and is smooth.—Mrs. J. C. Steele.

ASPIC JELLY—2 ounces gelatine soaked, 1 quart boiling water, 1 small cup vinegar, 1 tablespoon tarragon vinegar, 1 tablespoon sugar, 1 tablespoon salt, 1 heaping teaspoon extract beef, slices of carrot, 1 onion, 3 cloves, 10 allspice, 10 peppers, 2 bay leaves, parsley and celery, juice of 1 lemon, whites and shells of 2 eggs. Boil all together and strain. Tomato aspic may be made by adding 1 quart of tomatoes to the above before straining.—E. P. Smart.

SALAD DRESSING—1 cup vinegar (cider), 1 egg, 2 teaspoons mustard mixed with a little vinegar, 1 level teaspoon salt, pinch of cayenne pepper, 1 can Betty Brand condensed milk. Beat well together. This does not have to be cooked.—Mrs. K. Starr.

FRENCH SALAD DRESSING—1 teaspoon mustard, 1 teaspoon salt, $\frac{1}{4}$ teaspoon paprika, few grains cayenne, 3 tablespoons Tarragon vinegar, 6 tablespoons olive oil. Mix the dry ingredients, add vinegar and oil alternately, beat until quite thick. A few drops of onion juice may be added, or lemon juice substituted for vinegar.

MAYONNAISE DRESSING—Success in making a mayonnaise dressing depends largely on having all ingredients very cold. Beat yolks of 2 eggs well, add 1 teaspoon mustard, $\frac{1}{4}$ teaspoon cayenne, beat well; one cup olive oil added drop by drop for the first two tablespoons, then more rapidly until oil is used, thinning as needed with 1 tablespoon lemon juice and 1 tablespoon tarragon vinegar. Add 1 teaspoon salt last. Use Dover egg beater.

COOKED MAYONNAISE DRESSING—2 tablespoons flour, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{2}$ teaspoon each paprika and mustard, $\frac{1}{4}$ cup vinegar, 2 tablespoons oil, $\frac{1}{2}$ cup hot water, 1 egg, 1 tablespoon sugar, $\frac{1}{2}$ cup oil. Mix dry ingredients, add vinegar and the 2 tablespoons oil. Stir till smooth, add hot water, cook fifteen minutes in double boiler. Let cool. Add egg yolk slightly beaten, add oil gradually, beating constantly, and fold in stiffly beaten egg white.—Mrs. H. Morrison, Toronto.

ROQUEFORT SALAD DRESSING— $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, 1 tablespoon vinegar, 3 tablespoons salad oil, $\frac{1}{4}$ cup Roquefort cheese. Mix together the seasonings and vinegar and beat in the salad oil, blend in the cheese slowly and pour at once over hearts of lettuce.

BOILED SALAD DRESSING— $\frac{1}{2}$ teaspoon salt (small), 2 teaspoons mustard (small), 6 level dessertspoons sugar, 3 dessertspoons flour, pinch of cayenne. Mix with a little milk and add one tablespoon melted butter, 1 egg, $\frac{1}{2}$ cup vinegar, $\frac{3}{4}$ cup milk. Cook until thick. Cream may be added.—Mrs. H. A. Stewart.

SALAD DRESSING—Into a double boiler put 4 eggs, beat; 4 tablespoons melted butter, 4 tablespoons malt vinegar, 4 tablespoons water, 1 teaspoon salt, 1 teaspoon mustard, 2 teaspoons granulated sugar. Stir all together until mixture thickens. Do not curdle it. Thin with cream as required. Mrs. C. J. Swayze.

THOUSAND ISLAND SALAD DRESSING— $\frac{1}{2}$ cup olive oil, juice of $\frac{1}{2}$ lemon, juice of $\frac{1}{2}$ orange, 1 teaspoon grated onion, 3 teaspoons parsley, 8 olives sliced, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon paprika, 1 teaspoon Worcestershire sauce, 2 tablespoons chili sauce, $\frac{1}{4}$ teaspoon mustard. Put the ingredients for the dressing into a fruit jar, shake well until the mixture is thick.

CHICKEN SALAD—Equal parts of chicken meat and celery cut in small pieces, marinate with French dressing; chill; mix lightly with mayonnaise and decorate with hard cooked eggs cut in slices, capers and mayonnaise.

LOBSTER SALAD—Two cups of lobster meat, 1 cup celery cut in small pieces, 2 tablespoons chopped gherkins and olives, marinate with French dressing, mix lightly with mayonnaise to which add 2 tablespoons capers.

FRUIT GINGER ALE SALAD—Two tablespoons Knox gelatine, 1 cup ginger ale, one-third cup blanched shredded almonds, $\frac{1}{4}$ cup seeded Malaga grapes, $\frac{3}{4}$ cup each of pineapple and grapefruit cut in small pieces, $\frac{1}{2}$ cup warm water, a small quantity of salt and paprika. Soak the gelatine for 5 minutes in the warm water, then dissolve it over hot water; add $\frac{1}{4}$ cup of ginger ale, mix the pineapple, grapefruit, grapes, almonds, salt and paprika and then add the remaining $\frac{3}{4}$ cup of ginger ale; add the gelatine mixture, stir thoroughly and pour into individual moulds which have been dipped in cold water. Chill thoroughly and serve on lettuce leaves with a mayonnaise dressing.—Lem Fang.

OLIVE SALAD—Chop 10 Queen olives with $\frac{1}{2}$ cup of blanched almonds and same amount or white tender celery; a cream dressing of $\frac{1}{2}$ cup of whipped cream, 1 tablespoon of lemon juice, 3 tablespoons of olive oil; $\frac{1}{2}$ teaspoon salt, 1 teaspoon sugar, paprika. Serve on white lettuce leaves with cheese balls rolled in chopped nuts. Decorate with parsley.

ORANGE AND MINT SALAD—Cut the pulp of four oranges in small pieces, 2 tablespoons each of sugar, finely chopped mint, lemon juice, and olive oil. Add salt and cayenne pepper and heap on lettuce leaves.

FROZEN FRUIT MAYONNAISE—3 cups cream whipped, $2\frac{1}{2}$ cups mixed fruits (as cherries, grapes, pineapple, oranges, peaches), 1 teaspoon powdered sugar, 1 cup mayonnaise, 1 teaspoon Knox gelatine, 2 tablespoons cold water, lettuce hearts, parsley. Cover the gelatine with the cold water and then set it over steam to melt; beat into the mayonnaise. Mix this mixture with the whipped cream and powdered sugar, stir in the fruit and pour into a mould which has been dipped in cold water. Seal carefully and freeze in equal parts of ice and salt for four hours. Serve with lettuce hearts and parsley.

POTATO SALAD—Cut 1 quart of freshly boiled potatoes into cubes, add 2 tablespoons minced onion and salt, mix lightly with mayonnaise. If boiled dressing is used, marinate potatoes first with French dressing in which 2 tablespoons of capers have been added.

Dressing—1 cup milk, 1 teaspoon salt. Heat to boiling point. Cream 2 even tablespoons each of flour and butter and add slowly to heated milk. When cooked, add 3 eggs well beaten. Take off fire and add 1 tablespoon sugar mixed with 1 heaping teaspoon mustard. When perfectly cold, add vinegar to taste.

Dice cold potatoes. Sprinkle slightly with cayenne pepper, a little chopped onion or celery. Put dressing on this several hours before serving and set in cool place.—M. M. Craig.

WALDORF SALAD—Pare, core and cut into dice four large tart apples, add to them 1 quart celery cut into half-inch pieces, sprinkle over a teaspoon salt, a teaspoon paprika and 2 tablespoons tarragon vinegar. Mix all together and then stir in a cup and a half of good stiff mayonnaise dressing. Serve on lettuce leaves.

Dressing—1 teaspoon mustard, 1 teaspoon powdered sugar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon cayenne, 2 eggs (yolks) raw, 1 pint olive oil, 2 tablespoons vinegar, 2 tablespoons lemon juice.—C. E. G.

SWEET PICKLE JELLY (to be served with roast meat)—Soak $\frac{1}{4}$ box (1 tablespoon) gelatine in $\frac{1}{4}$ cup water for 10 minutes, add 1 cup hot fruit liquid (preferable to be a mixture of juice of pickled peaches, preserved peaches and pears). When cold and slightly thickened add 1 cup pickles of peaches, pears, preserved ginger, and any other preserved fruits, juice and pulp of 1 orange, 5 Marachino cherries sliced, 2 tablespoons of cherry syrup. Put in a mould, or moulds, at once.—John Suzuki.

FRUIT SALAD—Slice oranges, pineapple, apple, bananas, (dates or nuts).

Dressing—Cook $\frac{1}{2}$ cup sugar, 2 eggs (beaten), 1 tablespoon flour, pinch of salt, $\frac{3}{4}$ cup pineapple juice, $\frac{1}{4}$ cup orange juice. When cool, add $\frac{1}{2}$ or whole cup whipped cream.—Mrs. R. H. Smart.

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PUDDINGS, SAUCES AND PASTRY

ENGLISH PLUM PUDDING—Two pounds each of raisins, currants and beef suet chopped fine; 2 pounds of sugar, 1 cup of molasses, 1 oz. mixed spice, 12 eggs well beaten, 1 loaf stale bread grated fine, add milk and brandy to taste. About one quart of flour or more, according to the size of the pudding. Salt to taste. Quarter pound each citron, lemon, orange peel, one pound almonds. Mix well together before adding the milk. Boil ten hours.—Mrs. J. M. Walsh.

PLUM PUDDING—Two tumblers each raisins, currants, suet and bread crumbs, $\frac{1}{2}$ cup citron peel when cut, 1 cup brown sugar, $\frac{1}{2}$ cup flour, 1 teaspoon salt, 4 eggs, 2 tablespoons molasses, 1 grated nutmeg, 1 heaping teaspoon soda, mixed with a little warm water and enough sweet milk added to this to make one-quarter of a cup, 1 wine glass of brandy. Mix all dry ingredients and add the liquids. Steam 3 hours.—Mrs. W. A. Lewis.

CARROT PUDDING—1 cup of grated carrot, 1 cup of grated potatoes, 1 cup of suet, $1\frac{1}{2}$ cups flour, 1 cup of raisins, 1 cup currants, $\frac{1}{2}$ cup of sugar, pinch of salt, some peel and spices, $\frac{1}{2}$ teaspoon of soda mixed with flour. Steam 3 hours. Serve hot with brandy sause.—Mrs. Geo. Smart.

FIG PUDDING—2 cups bread crumbs, 2 cups chopped suet, $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup milk, 1 pound chopped figs, 2 eggs, 1 teaspoon salt, spice to taste. Steam $3\frac{1}{2}$ or 4 hours.—Mrs. T. Delahaye.

HOT DESSERT—Rice Shape with Prunes or Dates—Boil 1 cup of rice in a double boiler until soft, add sugar and salt to taste, and the yolks of 2 eggs well beaten, then the whites beaten to a stiff froth. Line a pudding mold with dates or cooked and stoned prunes, and pour in the rice. Cover with a buttered paper and steam for about 1 hour. Turn out and serve with whipped cream.—Mrs. H. A. Clarke.

GINGER STEAM PUDDING— $\frac{1}{2}$ cup (scant) butter, $\frac{3}{4}$ cup light brown sugar, $\frac{1}{2}$ cup dark molasses, 2 eggs, 1 small teaspoon soda (mix in a very little boiling water), $\frac{1}{2}$ cup sour milk, 1 tablespoon ginger mixed in 2 cups flour and add a little cut of preserved ginger. Put in mould and steam for about 2 hours.—Mrs. Comstock.

GRAHAM PUDDING— $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup milk, 1 egg, $1\frac{1}{2}$ cups graham flour, $\frac{1}{2}$ teaspoon soda, 1 teaspoon salt, $1\frac{1}{2}$ cups seeded raisins. (Dates or figs can be cut in strips and used.) Melt the butter, add molasses, milk, and egg well beaten, then dry ingredients mixed and sifted, and raisins. Turn into buttered mould and steam $2\frac{1}{2}$ hours. Serve with a wine sauce.—Miss Webster.

CUP PUDDING—3 eggs, $\frac{3}{4}$ cup sugar, $\frac{3}{4}$ cup flour, $\frac{3}{4}$ cup milk, $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ teaspoons baking powder. Butter cups, pour into each a small quantity of preserves or marmalade, then fill dish with batter half-way up and steam twenty minutes. Serve with sauce—Jessie Bowie.

COTTAGE PUDDING—1 cup sifted flour, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ level teaspoon salt, 1 egg, $\frac{1}{2}$ cup milk, 1 teaspoon butter, 2 level teaspoons baking powder. Cream butter and sugar, add unbeaten egg. Beat mixture three minutes. Add sifted flour, salt and baking powder. Turn into small buttered pudding dish and bake 25 minutes. Serve with lemon or hard sauce.—Mrs. R. A. Bowie.

LEMON PUDDING—3 soda biscuits rolled fine, $1\frac{1}{2}$ cups milk, 1 teaspoon butter, yolks of 2 eggs, $\frac{1}{2}$ cup sugar. Mix well. Bake 30 minutes. On top put a dressing made of juice of 2 lemons, grated rind of one, $\frac{1}{2}$ cup of white sugar, $\frac{1}{2}$ cup water. Boil and add 1 dessertspoon cornstarch dissolved in a little cold water. Cook five or ten minutes. Spread on pudding, and over all meringue of whites of eggs sweetened. Brown in oven.

LEMON RICE PUDDING—Cook $\frac{1}{2}$ cup of rice in 2 cups of milk in a double boiler until very soft; add to it while hot the beaten yolks of 2 eggs, the juice and grated rind of 1 lemon, 4 tablespoons of sugar, and a pinch of salt. Then add the stiffly beaten whites of 2 eggs, and pour into the serving dish.—Edith Smellie.

JERUSALEM PUDDING—2 tablespoons rice boiled with a teaspoon salt; when tender, drain on linen cloth. Whip 1 pint of cream, add 3 tablespoons sugar, $\frac{1}{2}$ package dates broken up, $\frac{3}{4}$ package gelatine dissolved. Put into a mould and keep in a cool place until ready to use.—Mrs. Albert Ayer.

SHREDDED WHEAT PUDDING—2 shredded wheat biscuits crumbled fine. Make a custard of 1 pint of milk, 2 eggs, 1 small teaspoon cornstarch, 4 tablespoons sugar, a pinch of salt, flavor with vanilla. Pour the custard while boiling hot over the crumbled biscuit and stir well. Next day whip and sweeten $\frac{1}{2}$ pint cream and put on top of pudding.—A. McLean.

BREAD PUDDING—1 quart milk, 1 cup sugar, 2 cups bread crumbs, 4 eggs, 1 lemon, salt. Scald milk, pour over crumbs and cool. Separate eggs, beat yolks, add 1 cup sugar, grated rind to the yolks, then add to milk and bread crumbs and bake. Meringue: Beat whites of eggs, add 1 cup sugar, juice of lemon. Brown in oven.—Miss Cossitt.

FRUIT DUMPLING—Butter a baking dish and fill with sliced peaches (or any fruit), sprinkle over this $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ cup of boiling water. Sift together 2 cups of pastry flour, 4 teaspoons of baking powder, and $\frac{1}{2}$ teaspoon of salt; work in $\frac{1}{4}$ cup of shortening and mix to a soft dough with milk (about $\frac{3}{4}$ cup). Spread the dough over the prepared peaches and set in the oven and bake until well browned. Serve with sugar and cream, honey or syrup.

COCOA PUDDING—Soak 1 pint fine bread crumbs in 1 pint milk until soft, add 2 heaping tablespoons of cocoa dissolved in a little water, 3 well beaten eggs, $\frac{1}{2}$ cup granulated sugar and another pint of milk. Set the pudding dish in a pan of hot water and bake one hour. Sauce—1 cup sugar, 2 tablespoons flour, 1 cup water. Cook in a double boiler and add 1 ounce of butter and $\frac{1}{2}$ teaspoon vanilla before serving.—A. McLean.

BREAD PUDDING—Soak $2\frac{1}{4}$ cups of bread broken in small pieces in $2\frac{1}{4}$ cups of milk for ten minutes; add yolks of 2 eggs, 1 tablespoon of

sugar, 1 teaspoon vanilla. Bake 20 minutes. When cooked, spread any jam over the top and the sweetened whites of the eggs, and brown in the oven.—Mrs. Albert Ayer.

ROCKY MOUNTAIN PUDDING—Make a syrup of $\frac{3}{4}$ cup sugar and 3 tablespoons water by cooking together 10 minutes. Cool and pour gradually over yolks of 3 eggs which have been beaten until thick, beating all the time and continuing for 15 minutes. Add $1\frac{1}{2}$ cups flour, 1 teaspoon lemon juice and whites of three eggs beaten until stiff. Bake in a loaf in moderate oven three-quarters of an hour.—Mrs. J. S. Copland.

STEAMED ORANGE PUDDING—Pour $1\frac{1}{2}$ cups of scalded cream or rich milk over 1 cup grated bread crumbs. Add 2 tablespoons butter and let stand 15 minutes. Beat 4 eggs with $\frac{1}{4}$ cup sugar and stir into bread mixture, add tablespoon of chopped almonds and turn into buttered mould. Decorate with candies or peel. Steam 1 hour, serve hot with strawberries cut in half, sugared and chilled, or hard sauce and crushed strawberries.—Mrs. J. S. Copland.

DELICIOUS PUDDING—Cream 1 cup white sugar with 1 table spoon butter, add 2 tablespoons flour, the juice and grated rind of 1 lemon or orange, 1 cup milk, beaten yolks of 2 eggs. Just before putting in baking dish fold in the stiffly beaten whites of eggs. Set the dish in a large one filled with water, and bake slowly. When it is done there will be a light fluffy soufflé on top and a layer of creamy custard underneath to serve with it. Very nice baked in individual ramekins.—Mrs. S. Luidaburg (Toronto).

BRANDY BUTTER—1 cup pulverized sugar, $\frac{1}{2}$ cup butter, work to a cream, then work in as much brandy as it will hold. Form into a shape and set on ice until ready to serve.

CHOCOLATE SAUCE FOR ICE CREAM—2 cups granulated sugar, 2 tablespoons cocoa (dissolved in hot water), 2 tablespoons butter, $\frac{1}{2}$ cup hot water. cook to soft ball stage. May be served either hot or cold.—Mrs. M. M. Brown.

HARD SAUCE— $\frac{1}{2}$ cup butter, 1 cup powdered sugar, $\frac{1}{2}$ teaspoon lemon extract, $\frac{2}{3}$ teaspoon vanilla. Cream butter, add sugar gradually and flavoring.

LEMON SAUCE— $\frac{3}{4}$ cup sugar, $\frac{1}{4}$ cup water, 2 teaspoonfuls butter, 1 tablespoonful lemon juice. Make a syrup by boiling sugar and water five minutes. Remove from fire, add butter and lemon juice.

SUNSHINE SAUCE—1 egg, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup heavy cream, 1 teaspoon vanilla. Beat the egg yolk with sugar, whip cream till light, combine it with the sugar mixture, beat white stiff and fold it in with vanilla. This sauce is delicious with sponge cake or any plain cake used as pudding.

CREAM SAUCE—1 cup white sugar, and butter size of an egg, beaten together, then add 1 cup of cream and stir in $\frac{1}{2}$ cup of boiling water. Let come to boiling heat. Flavor before serving.

MAPLE SYRUP SAUCE—1 tablespoon melted butter, 1 tablespoon flour, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup maple syrup, 2 cups boiling water. Mix all ingredients and cook till thick.—Mrs. B. Sanford.



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PIES

BANBERRY PIE—Line a pyrex plate with rich pastry and spread with preserved fruit, or jam. Beat half a saucer of melted butter with 4 eggs and 1 cup sugar (reserving whites of two eggs for the top). Pour over the fruit and bake. Cover with the beaten whites of two eggs and 2 tablespoons sugar. Return to the oven and brown.—Mrs. W. A. Lewis.

RHUBARB PIE (Supreme)—1 heaping cup of finely cut rhubarb (raw), 1 cup of sugar, yolks of 2 eggs, rind of 1 lemon and juice of $\frac{1}{2}$ lemon (small), 1 large tablespoon of flour, $\frac{1}{4}$ teaspoon salt, small teaspoon of butter. Prepare and mix all the foregoing together and let stand for a while. Then make paste and line pie plate. Add mixture and bake. Beat whites of eggs (adding sugar) for top of pie. Brown slightly in the oven.—Mrs. A. M. Patterson.

PLAIN PASTRY— $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{8}$ teaspoon salt, $\frac{1}{3}$ cup of shortening, $\frac{1}{2}$ cup cold water (about). Sift together the flour, baking powder and salt. With two knives cut in the shortening, then add the water gradually while mixing the ingredients, with a knife, to a paste that cleans the bowl.

APPLE DUMPLINGS—Peel and core apples, boil in a syrup of 1 cup sugar and 1 cup of boiling water. When tender remove and fill centre of each with butter, sugar and cinnamon creamed. Then lay on a square of pastry, bring opposite corners together. Brush over pastry with water and dredge with granulated sugar. Bake 25 minutes. Serve with the jellied syrup and sugar and cream.

RICH STRAWBERRY SHORTCAKE—2 cups flour, $\frac{1}{4}$ cup sugar, 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, few grains nutmeg, 1 egg, $\frac{1}{3}$ cup butter, $1\frac{1}{4}$ tablespoons lard, $\frac{1}{2}$ cup milk. Mix and sift dry ingredients, work in shortening with the tips of the fingers, add beaten egg and milk. Bake in layer tins. Between put strawberries, peaches or maple sugar grated, and smother in whipped cream.—Mrs. R. A. Bowie.

CHESS PIE—Line gem pans with paste and bake. Filling: 1 cup sugar, $\frac{3}{4}$ cup butter, yolks of 6 eggs well beaten. Cook in double boiler $\frac{1}{2}$ hour or until thick, and add vanilla and salt to taste; $\frac{3}{4}$ pint whipped cream, 1 cup chopped walnuts, 1 cup dates, $\frac{3}{4}$ cup raisins. Beat whites for top.—Mrs. H. A. Stewart.

RAISIN PIE—1 cup seeded raisins, 1 cup boiling water, 2 tablespoons flour, 1 cup sugar, 2 eggs, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ lemon grated, rind and juice. Cook raisins in the boiling water until tender. Mix the flour with half the sugar and stir into the raisins. Continue to stir until the mixture thickens. Beat the eggs, beat in the rest of sugar and salt, add the lemon, and stir into the raisin mixture. Let cool a little, then bake with two crusts.

PUMPKIN PIE FILLING—2½ cups pulp, 2 cups milk, 2 eggs, 1 teaspoon salt, 1 teaspoon butter, 1 teaspoon cinnamon. Sweeten with brown sugar to taste, add eggs last, and bake 40 to 50 minutes. Enough for two large pies.—Mrs. R. H. Lindsay.

MINCE MEAT (without meat)—¾ lb. kidney suet chopped fine, 2 lbs. raisins, 2 lbs. currants, 1 lb. mixed peel chopped, 1 lb. figs chopped, 2 lbs. sugar, 1 lb. shelled and blanched almonds chopped fine, cinnamon and nutmeg to taste, a pinch of mace, a little salt, the juice of 3 oranges, 3 lemons, the rind of 1 orange and 1 lemon, 4 lbs. chopped apples. Mix well, put in a stone crock and keep moist with brandy.—M. M. Hutcheson.

SMALL QUANTITY OF MINCE MEAT FOR A FEW PIES—3 cups chopped boiled beef, 1½ cups chopped suet, 1 cup brown sugar, 1 teaspoon salt, ½ teaspoon pepper, ½ teaspoon ginger, ½ teaspoon cloves (ground), ½ teaspoon cinnamon, ½ teaspoon allspice, 1 cup currants, 2 cups seedless raisins, 1 cup mixed peel chopped up, 1 glass brandy or sherry. To each bowl of mince meat add one bowl of chopped apples when baking pies.—K. McD. Jackson.

PINEAPPLE PIE—1 pint grated pineapple, 3 eggs, 3 tablespoons cornstarch, salt, teaspoon butter, 1½ cups sugar. Drain juice from pineapple, add sufficient water to make 2 cups; heat, and proceed as for lemon pie, using whites of eggs for meringue. This makes two pies. If preferred, whipped cream can be used for top of pie.—Mrs. W. R. Scace.

COLD DESSERT—LEMON PIE—1 lemon, juice, and rind grated, ¾ cup sugar, 2 egg yolks, 1 cup of boiling water, 1 heaping tablespoon cornstarch. Add a little butter and salt. Cook in double boiler. Cover the outside of pie tins with crust, and bake. This will make a deep pie. Put in the lemon filling and cover with a meringue made of the two egg whites beaten to a stiff froth with 2 tablespoons of sugar added. Brown in the oven a few seconds.

MOCK CHERRY PIE—1 cup cranberries, 1 cup seeded raisins. Cook separately, sweeten to suit taste, then mix together. Bake with two crusts.—Mrs. J. Fox.

FILLING FOR DATE PIE—1 lb. dates, stone and put these stones on back of stove in water and let simmer; ½ cup brown sugar, 1 cup cold water, juice and rind of 1 lemon. Strain and put on dates. Boil until tender. Add the water the stones have been boiled in. Have a crust made the same as for lemon pie, and put date mixture in. Cover the top with whipped cream.

LEMON PIE—3 eggs, 3 tablespoons water, 1 lemon, salt, baking powder, 1 cup sugar. In double boiler: yolks of 3 eggs, ½ cup sugar, 3 tablespoons water, juice and rind of lemon, pinch of salt. Cook thick. Beat whites of the eggs stiff and gradually add the other half cup sugar, pinch of baking powder. Add the cooked mixture to whites, put into the already baked pastry shell and brown.—Mrs. Charles Swayze.

LEMON PUMPKIN TARTS—Line 24 tart tins with puff pastry, put two tablespoons of the following mixture in each and bake: 1 cup well

cooked pumpkin, 3 eggs well beaten, $1\frac{1}{2}$ cups sugar, juice and grated rind of large lemon, $\frac{1}{2}$ teaspoon salt.—Mrs. S. C. Horton.

CARAMEL PIE—Butter size of an egg and 1 cup brown sugar, put in pan and let brown, then thin with 1 cup hot water. Mix 1 tablespoon cornstarch, 1 spoon vanilla and yolks of 2 eggs with water and stir in. Have crust ready and pour filling in, using whites of eggs on top.—Mrs. I. H. Johnson, Toronto.

RAISIN PIE (Delicious)—Place coffee cup of milk in a double boiler. When it comes to a boil add 9 large tablespoons flour, $\frac{3}{4}$ cup of sugar, $\frac{1}{2}$ teaspoon salt, yolks of 2 eggs well beaten; then add 1 tablespoon butter, and 1 cup chopped seedless raisins. When thickened, take from stove and add 1 teaspoon vanilla and pour into a pie shell which has already been baked. Beat whites of eggs stiff with 2 tablespoons sugar. Spread over top of pie and brown in oven.—Mrs. Hilland, Toronto.

BUTTERSCOTCH PIE—2 eggs, 1 cupful brown sugar, 1 cupful milk, $\frac{1}{4}$ teaspoon salt, 2 tablespoons flour, 3 tablespoons water, 2 tablespoons butter, 1 teaspoon vanilla. Beat yolks of eggs, add sugar, milk, flour and water, butter, salt and vanilla. Stir over fire until it thickens. Pour into baked crust. Beat egg whites, add sugar and put on top and brown.—Mrs. J. R. A. Laing.



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LIGHT AND FROZEN DESSERTS

CREAM SPONGE PUDDING— $\frac{1}{2}$ pint of milk, 1 tablespoon butter in milk, pinch of salt, 3 tablespoons of flour (mix flour with little cold water or milk), $\frac{1}{2}$ cup sugar, add to milk when it has come to boil in double boiler. When cool add yolks of 3 eggs beaten till light, then whites beaten stiff, flavor with vanilla, and bake for 1 hour in a baking dish, set in pan of hot water.

Sauce—1 cup of sugar and $\frac{1}{2}$ cup butter creamed together. Beat in 1 egg, stir in grated rind and juice of 1 lemon or orange, 3 tablespoons boiling water. Cook in double boiler, stirring constantly until thick as cream.—Mrs. A. M. Patterson.

MAPLE CREAM PUDDING—3 egg yolks, 1 cup maple syrup, $\frac{1}{2}$ box Knox's gelatine, 1 pint cream. Beat yolks, heat syrup in double boiler, soak gelatine in $\frac{1}{2}$ cup cold water; when dissolved, add yolks to syrup and then add gelatine. Put on ice to thicken a little and then add whipped cream. Put in mold. Serve cold.—Mrs. R. A. Bowie.

ORANGE CREAM PUDDING—2 heaping tablespoonfuls powdered gelatine (Knox's), 1 cup boiling water, 2 cups orange juice, 2 cups of whipping cream, 2 cups sugar, yolks of 3 eggs. Dissolve gelatine in water. Place sugar, orange juice and yolks of eggs in double boiler and stir till slightly thickened, then add gelatine and allow to cool. Beat all well together, then add the whipped cream. Pour into a wet mould. After turning the pudding out of mould, surround it with whipped cream.—Mrs. Brough.

LEMON SPONGE OR SNOW PUDDING— $\frac{1}{2}$ envelope Knox sparkling gelatine, $\frac{1}{4}$ cup cold water, 1 cup boiling water, $\frac{3}{4}$ cup sugar, $\frac{1}{4}$ cup lemon juice, whites of 2 eggs. Soak gelatine in cold water five minutes, dissolve in boiling water, add sugar, lemon juice and grated rind of 1 lemon, strain, and set aside; occasionally stir mixture, and when quite thick, beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Pile by spoonfuls on glass dish. Chill and serve with boiled custard. A very attractive dish may be prepared by coloring half the mixture red.

MAPLE SPONGE—1 envelope Knox sparkling gelatine 1 $\frac{1}{2}$ cups cold water, 2 cups brown or maple sugar, $\frac{1}{2}$ cup hot water, whites of 2 eggs, 1 cup chopped nut meats. Soak gelatine in cold water five minutes. Put sugar and hot water in saucepan, bring to boiling point and let boil ten minutes. Pour syrup gradually on soaked gelatine. Cool, and when nearly set, add whites of eggs beaten until stiff, and nut meats. Turn into mold, first dipped in cold water, and chill. Serve with custard made of yolks of eggs, sugar, a few grains of salt, milk, and flavoring.

MARSHMALLOW SOUFFLE—Whites of 6 eggs, 2 tablespoons Knox gelatine, 6 tablespoons sugar. Beat eggs very lightly, then beat in sugar. Dissolve gelatine, mix with beaten eggs and sugar, flavor with vanilla or wine. Just before congealing take out enough for 1 layer and color

with green coloring. Pour a part of the whole in mould, then the green on top of this and then a layer of white, making a three layer loaf. Serve with whipped cream.

COFFEE SOUFFLE—1½ cups coffee, 3 eggs, ½ cup milk, 2-3 cup sugar, ¼ teaspoon salt, 1 tablespoon Knox gelatine, ½ teaspoon vanilla. Mix coffee infusion, milk and half of sugar and gelatine; heat in a double boiler, then add remaining sugar, salt and yolk of eggs slightly beaten. Cook until the mixture thickens, remove from the stove, add whites of eggs beaten stiff and flavoring. Put in a wet mould.—Mrs. F. B. Steacy.

GRAPE JUICE CHARLOTTE RUSSE—½ envelope Knox gelatine, ¼ cup cold water, ¼ cup boiling water, 1 cup grape juice, juice of ½ lemon, ½ cup sugar, 1½ cup cream beaten firm. Soak the gelatine five minutes in the cold water, dissolve in boiling water, add the grape juice and lemon juice and stir over cold water until the mixture begins to thicken, then fold in the cream. Turn into a mould lined with lady fingers.—Mrs. F. Steacy.

FIG PUDDING—2 cups rolled oats, 3 tablespoons flour, 1 cup milk, ½ cup brown sugar, ½ cup molasses, 1 cup figs, ½ teaspoon salt, ½ teaspoon soda dissolved in milk, ½ teaspoon of allspice, ½ teaspoon of cloves. Steam 3 hours in mould and serve with caramel sauce.—Mrs. A. Fullerton.

CHOCOLATE SPONGE—4 eggs, whites, 3 ozs. Baker's chocolate-vanilla, ½ tin pineapple, 2 tablespoons water (boiling). Shave the chocolate, then put it into the water in saucepan and stir until melted. Add a few drops of vanilla and allow it to cool while you beat up the egg whites to a very stiff froth. When this is done, mix in lightly but thoroughly the chocolate and heap it roughly in a glass dish. Put a border of pineapple around this and serve it with whipped cream in a separate dish.—Mrs. H. A. Clarke.

GRAPE JUICE SHERBET—One gallon, to serve thirty persons. 2½ quarts water, 5 cups sugar, 3 teaspoons Knox gelatine, 5 cups grape juice, 1¼ cups lemon juice, ¼ cup cold water. Boil the water and sugar 20 minutes, add gelatine softened in the cold water and stir until dissolved, then let cool. Add fruit juice and freeze as usual.

MANHATTAN PUDDING—1½ cups orange juice, ¼ cup lemon juice, 1 teaspoon vanilla, 1½ cups powdered sugar, 2-3 chopped almonds, 1 pint heavy cream. Blanch and brown the almonds before chopping, mix fruit juice and half the sugar together. Let stand until the sugar is thoroughly dissolved, then turn into a chilled mould. Whip the cream and add the rest of the sugar, the vanilla and nuts. Pour over the first mixture, filling the mould to the top. Cover tightly and pack in equal parts of ice and salt for 3½ hours.

FRUIT SHERBET—Grate the outside of an orange and lemon, squeeze out juice and add 1½ cups sugar. Soak ½ envelope of Knox gelatine in ½ cup cold water and dissolve by standing in pan hot water. Add 2½ cups milk and when ready to freeze add fruit juices and sugar. This makes a large allowance for five persons.

FROZEN PUDDING—For a 2 qt. mould take 1 doz. lady fingers, 1 pint cream whipped stiff, 1 cup rich strawberry preserve. Put layer of cream in mould first, then layer of lady fingers soaked in $\frac{1}{2}$ cup of sherry wine, then strawberries. Alternate the layers until all is used. Pack in ice and salt for five hours.—Mrs. J. C. Steele.

MOUSSE—1 large cup of maple syrup; 5 eggs, yolks only. Heat syrup in double boiler and add eggs well beaten, chill and add to 1 pint of cream whipped very stiff, with one cup of shredded pineapple one cup of candied cherries and some angelica, $\frac{1}{2}$ doz. large figs cut in strips. Pack in salt and ice for six hours.—Mrs. George Smart.

GRANDMOTHER'S TRIFLE—Arrange slices of sponge cake in a deep glass trifle dish, then place ten macaroons, a layer of raspberry or strawberry preserves, some sweet almonds, chopped fine, grated rind of a lemon, $\frac{1}{2}$ pint of sherry wine and 6 tablespoons of brandy. Over this pour a rich boiled custard, two eggs to $\frac{1}{2}$ pint of milk and 4 tablespoons of sugar. Lastly add whip for trifle made as follows: whip one quart of cream very stiff, then add the beaten whites of two eggs to which has been added 3 ounces of powdered sugar and a small glass of sherry.—Mrs. Gowan.

SWISS CREAM—Boil a pint of cream with grated rind of two lemons and six ounces of white sugar, boil 10 minutes, pour when hot on the juice of the lemons, into which a dessertspoon of flour has been well mixed, stir well. Have some macaroons on a dish and strain the cream over them. Always make a day before it is to be used.—Mrs. Harding.

CARAMEL ICE CREAM—Cook 1 quart of cream, 1 cup of milk, $\frac{1}{2}$ cup sugar, 1 cup caramelised sugar and 1 tablespoon flour together. When cool, flavor with 1 tablespoon vanilla and freeze. To caramilize sugar put in sausepan, piace over hot part of stove and stir constantly until melted and of the color of maple syrup. Add the caramelised sugar to hot custard.—Mrs. Begg.

PEACH MELBA—Set a thin round of sponge cake on a small plate. On this set half a preserved peach and pour some of the syrup over the peach and cake. Above the peach set vanilla ice cream to cover it completely and pour raspberry sauce over the whole.

BANANA DESERT—1 pint lemon jelly, $\frac{1}{4}$ box Knoxgelatine, $\frac{1}{2}$ cup cold water, 3 tablespoons sugar, $\frac{1}{8}$ teaspoon salt, 1 teaspoon vanilla, 2 cups milk, 2 eggs, 2 bananas. Make a pint of lemon jelly, using 1 tablespoon gelatine, $\frac{1}{2}$ cup cold water, 1 cup boiling water, 3 tablespoons sugar, juice of 2 lemons. Pour into square mould and let stand until firm. Make a boiled suttard with yolks of eggs, sugar, milk and add 1 tablespoon gelatine soaked in $\frac{1}{2}$ cup cold water. Remove from stove and fold in whites of eggs beaten to a stiff froth, salt and vanilla. When beginning to set, add sliced bananas and pour over lemon jelly. Serve with whipped cream. (Use more gelatine in hot weather.—Mrs. F. Steacy.

LADIES' DELIGHT PUDDING—Soak 1 tablespoon powdered gelatine in $\frac{1}{4}$ cup cold water 5 minutes, dissolve in $\frac{1}{4}$ cup boiling water, add

1 cup of sugar. When cool add 1 pint whipped cream, $\frac{1}{2}$ doz. rolled stale macaroons, $\frac{1}{2}$ doz. marshmallows cut small, 2 tablespoons chopped candied cherries, $\frac{1}{4}$ lb. chopped blanched almonds. Flavor with sherry or vanilla. Wet mould in cold water before pouring in.—Mrs. C. F. Fraser.

CARAMEL PUDDING—1 pint milk, 1 cup brown sugar, 3 tablespoons flour, $\frac{1}{2}$ cup chopped nuts. Heat milk, brown sugar in frying pan and add milk, blend flour. Add it and boil a few minutes. Add nuts and put in a mould. Serve with whipped or plain cream. Mrs. Baynes Reid.

PRUNE WHIP—Stone and mash 1 cup of stewed prunes, add $\frac{1}{2}$ cup sugar and cool for 5 minutes. When cold add gradually the stiffly beaten whites of 5 eggs and $\frac{1}{2}$ tablespoon lemon juice. Pour into a buttered pudding dish and bake 20 minutes. Serve with plain cream.—Mrs. D. Strachan.

BOMBE GLACE CANTON—1 qt. thin cream, $\frac{3}{4}$ cup sugar, $1\frac{1}{2}$ tablespoons vanilla, 1 dozen macaroons dried and sifted. Put in ice cream freezer. When frozen line a two-quart mould with ice cream and fill the centre with strawberry sherbet made from 1 qt. water, 1 pint sugar, 1 teaspoon Knox gelatine, 2 cups strawberry juice, juice of 1 lemon. Cover the sherbet with ice cream. Press the cover in place over a layer of waxed paper and pack in salt and ice for 2 hours.—Lem Fang.

SPANISH CREAM—1 box gelatine, 1 quart milk, 6 eggs, 6 dessertspoons granulated sugar, 3 small teaspoons vanilla. Soak gelatine in half of milk for one hour, then add rest of milk, yolks of eggs and sugar. Let it come to boil, then beat whites of eggs stiff and stir in. Put in 1 teacup of wine and mould.—Mrs. Albert Gilmour.

ORANGE PUDDING—Slice 2 oranges and boil for 15 minutes with 1 small cup water and 1 tablespoon sugar. Put in baking dish and cover with following batter: 1 egg, 1 tablespoon each butter and white sugar, 1 cup flour, 1 teaspoon baking powder, juice of 2 oranges and rind of one.—K. McD. Jackson.

LEMON PUDDING—1 cup white sugar, 1 tablespoon butter, 2 tablespoons flour, grated rind and juice of 1 lemon, beaten yolks of 2 eggs, 1 large cup milk. Then add stiffly beaten whites. Bake in greased casserole, placed in pan of water. This pudding will serve four persons. If required for six, use $1\frac{1}{2}$ cups milk, 3 tablespoons flour, 2 eggs, and large lemon.

PLAIN CHOCOLATE PUDDING—3 cups milk, $\frac{1}{2}$ cup grated chocolate, $\frac{1}{2}$ cup sugar, 3 tablespoons cornstarch, a small lump butter, a little salt. Scald the milk in a double boiler, also putting in the butter. When hot, add the other ingredients which have been mixed thoroughly and moistened with a little milk. When well cooked, mould, and serve cold with cream.—Mrs. J. Gill Gardner.

MACAROON PUDDING—Soak 1 tablespoon gelatine in $\frac{1}{4}$ cup cold water. Make custard of 2 cups scalded milk, 3 egg yolks, $\frac{1}{2}$ cup sugar, salt, vanilla, add soaked gelatine. When this is cold, add 3 egg whites

beaten very stiff and $\frac{1}{4}$ lb. macaroons broken. Serve with whipped cream.—Mrs. H. A. Stewart.

CHOCOLATE SOUFFLE—Cook together in a saucepan 1 tablespoon of butter with 2 of flour, and as these thicken add gradually 6 tablespoons of milk. Beat smooth, then pour upon the yolks of 3 eggs that have been beaten light with 2 tablespoons of sugar. Whip hard, then add 4 tablespoons of grated chocolate and whip until lukewarm. Put on ice to cool, covering it to keep a crust from forming on top. When cold, add the beaten whites of 3 eggs. Fold these in lightly and bake in a quick oven.—Mrs. A. C. Hardy.

BUTTERSCOTCH PUDDING—1 cup brown sugar, 2 tablespoons butter, 2 cups hot milk, 2 tablespoons powdered sugar, 1 inch-thick slice stale bread, 2 eggs, $\frac{1}{4}$ teaspoon salt, juice of $\frac{1}{2}$ lemon, 1 scant teaspoon vanilla. Melt the brown sugar and butter over the fire and cook till a dark brown but not burned. Then pour over the mixture the hot milk and simmer for ten minutes. Meantime soak the bread in cold water till very soft, press all the water from it, and crumble into tiny bits. Pour the milk, sugar, and butter mixture over the bread and beat in the yolks of eggs, the salt and vanilla. Pour into a buttered baking dish and bake in a pan of water for forty-five minutes. Beat the whites of the eggs stiff and then add the powdered sugar and lemon juice. Beat again and spread over the pudding and brown slightly in a cool oven. Serve warm or cold.—Mrs. W. H. Woodrow.

RHUBARB FOAM—Cut up 1 cupful rhubarb and cook in 2 cups water till tender. Mix 3 tablespoons cornstarch and 3 tablespoons sugar. Stir in and cook five minutes. Whip up the whites of 2 eggs and fold in. Set away to cool and serve with either a custard (made of the yolks of the eggs) or with cream.—Miss Willow Reynolds.

LEMON SPONGE— $1\frac{1}{2}$ envelopes Knox's gelatine, 1 cup sugar, whites of 2 eggs, $\frac{3}{4}$ cup boiling water, $\frac{3}{4}$ cup cold water, $\frac{1}{2}$ pint cream, lady fingers, rind and juice of 2 lemons. Soak gelatine in the cold water, then add to the boiling water, also sugar and grated rind and juice of the 2 lemons. Let boil 3 minutes, strain and let stand in cool place till nearly set. Beat this, then add beaten whites of eggs, then the whipped cream. Put on ice for half hour. Line bowl with lady fingers and pour in the sponge. Garnish with cherries; serve with thin custard.

Custard—2 cups milk, yolks of 3 eggs, salt and sugar to taste. Flavor with vanilla.—Miss P. McCrae.

MAPLE RICE MOULD—1 cup maple syrup, 3 egg yolks well beaten. Cook until thick, then chill. Add $\frac{1}{2}$ pint whipped cream. Boil 1 cup of rice for 20 minutes, drain and add the beaten whites of 3 eggs. Mould and chill. Turn out on dish with maple sauce around it.—Jean Simser, Toronto.

APPLE JELLY DESSERT—6 large apples, 1 pint cold water, $\frac{1}{2}$ lb. sugar, rind and juice of a lemon, $\frac{1}{2}$ oz. Knox gelatine. Soak gelatine, pare and core apples. Boil sugar, lemon and water together, put in apples; cover and cook very slowly, until apples are tender without breaking. Remove apples to large mould, add gelatine to the syrup and strain over apples. Cool and serve with whipped cream.—Mrs. W. G. McClellan.



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BREAD, BUNS AND MUFFINS

PARKER HOUSE ROLLS—1 cake Fleischman's yeast, 1 pint milk scalded and cooled, 2 tablespoonfuls sugar, 4 tablespoonfuls of lard or butter melted, 3 pints sifted flour, 1 teaspoonful salt. Dissolve yeast and sugar in lukewarm milk, add lard or butter and $1\frac{1}{2}$ pints flour. Beat until perfectly smooth. Cover and let rise in a warm place one hour, or until light. Then add remainder of flour or enough to make a dough, and lastly salt. Knead well, place in greased bowl. Cover and let rise in a warm place for about one and one-half hours, or until double in bulk. Roll out $\frac{1}{4}$ inch thick. Brush over lightly with butter, cut with two-inch biscuit cutter, crease through centre with dull edge of knife and fold over in pocketbook shape. Place in well greased shallow pans one inch apart. Cover and let rise until light. Bake 10 minutes in hot oven.

O-SO-EZY BREAD—For the Yeast—1 qt. mashed potatoes, 1 cup flour, $\frac{1}{2}$ cup light brown sugar, $\frac{1}{2}$ cup salt, 2 qts. lukewarm water, $1\frac{1}{2}$ dissolved (Royal) yeast cakes. Make this at noon the day before baking. Do not let it become chilled until it is foamy, after that it need not be kept warm. When you are ready to bake, warm this yeast and warm the flour; then mix and knead at once into loaves, let rise one hour, then bake. A small piece of lard may be added. It is necessary to make the yeast at least one day previous to the baking day or it may be kept two or three days.—Mrs. W. J. Moore.

BREAD—4 tablespoons butter and lard, half and half; 1 tablespoon sugar; 4 cups milk and water, half and half; 2 heaping teaspoons salt. Soak cake Fleischman's yeast in 1 cup lukewarm water and dissolve well. Heat the milk, then add sugar, butter and salt. When lukewarm add the yeast and 6 cups flour, then let set all night, keeping warm. In the morning add 6 cups flour, knead and let rise to double its size. Put in pans and let rise again. This makes four loaves.—Mrs. W. J. Moore.

DATE BREAD—1 lb. dates cut up, 1 cup boiling water in which 1 teaspoon of soda has been dissolved, pour over dates and cool; 1 tablespoon shortening, 1 cup (scant)) brown sugar, 1 teaspoon vanilla, salt. Cream well together and add 1 egg well beaten, pour in date mixture and add $1\frac{1}{2}$ cups flour and 1 teaspoon baking powder; divide in 3 baking powder tins and bake $\frac{3}{4}$ of an hour.—A. M. Dixon.

CORN BREAD— $1\frac{1}{4}$ cups flour, $1\frac{1}{4}$ cups cornmeal, $\frac{3}{4}$ cup sugar, 1 cup milk, $\frac{1}{2}$ cup butter, 2 eggs, 3 teaspoons baking powder, a little salt.—Miss Cossitt.

BOSTON BROWN BREAD—2 cups graham flour, ^{1 cup white flour} 2 cups sour milk, $\frac{1}{2}$ cup yellow sugar, $\frac{1}{4}$ cup molasses, 1 level teaspoon soda; put in the flour. Floured raisins may be added. Bake 1 hour in a slow oven.—Mrs. D. Strachan.

NUT BREAD—1 cup walnuts chopped fine, 2 cups white flour, $\frac{1}{2}$ cup granulated sugar, 2 eggs, 2 teaspoons baking powder, 1 teaspoon salt, 1 cup sweet milk.—C. E. G.

POPOVERS—Sift together 1 cup of flour and $\frac{1}{4}$ teaspoon salt, gradually beat in a cup of milk and an egg beaten until light. Beat two minutes with a Dover beater, and pour into hissing hot pans. Bake in fast oven half an hour.—Mrs. A. C. Hardy.

TEA BISCUITS—2 cups flour, 4 teaspoons baking powder, 2 tablespoons butter, $\frac{3}{4}$ cup milk, $\frac{1}{2}$ teaspoon salt. Sift dry ingredients. Work in the butter with tips of the fingers. Add the milk and mix quickly with a knife to a soft dough. Roll or pat lightly to $\frac{3}{4}$ inch thick. Cut out and bake 15 minutes in a hot oven. Be sure to keep all ingredients cold, to have a soft dough, and handle as little as possible.—Mrs. W. H. Woodrow.

MUFFINS—1 cup sweet milk, 1 egg, 1 tablespoon sugar, 2 cups flour, 1 teaspoon cream tartar, $\frac{1}{2}$ teaspoon soda, butter the size of an egg. Bake in a quick over.—Mrs. M. Atkinson.

DATE MUFFINS—1 cup brown sugar, $\frac{1}{2}$ cup shortening, 1 egg, 1 cup dates; pour over 1 cup boiling water, add 1 teaspoon soda, add salt, vanilla, and $1\frac{1}{2}$ cups flour.—Mrs. William Rhodes.

CHEESE BISCUITS—4 cups flour, 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 1 tablespoon butter, 1 cup grated cheese, $2\frac{1}{2}$ cups milk. Bake as ordinary biscuit.—Mrs. W. Rhodes.

GRAHAM GEMS— $\frac{1}{2}$ cup of shortening, 1 cup of white sugar, 1 cup sour milk, 1 egg, $\frac{1}{2}$ nutmeg, 1 teaspoon cinnamon, $2\frac{1}{2}$ cups of graham flour, 1 cup of seeded raisins, 1 teaspoon of soda, pinch of salt. Cook in muffin rings or gem pans.—Mrs. Robinson.

SWEET BISCUITS—1 quart flour, $\frac{1}{2}$ teaspoon salt, 3 teaspoons baking powder (heaped), $\frac{3}{4}$ cup lard. Mix together well, add $\frac{3}{4}$ cup of sugar, 1 cup currants, 1 egg beaten in $1\frac{1}{2}$ cups of milk. Mix into flour using enough to make all as light a dough as can be handled. Bake like hot biscuits.—A. Deacon.

TEA BISCUITS—1 egg, $\frac{1}{2}$ cup granulated sugar, $\frac{1}{2}$ cup milk, butter the size of an egg; flavor with vanilla; 2 even teaspoons of baking powder and flour enough to make batter as thick as cake. Very nice for afternoon tea. To be served warm.—C. E. Gilmour.

CHEESE STRAWS—Roll puff or plain paste one-fourth inch thick, sprinkle one-half with grated cheese to which has been added a few grains of salt and cayenne; fold, press edges firmly together; fold again, roll out one-fourth inch thick, sprinkle with cheese and proceed as before. Repeat twice. Cut in strips five inches long and one-fourth inch wide. Bake eight minutes in hot oven.

SALLY LUNN—3 tablespoons melted butter, $\frac{1}{2}$ cup sugar, 1 cup sweet milk, 2 cups flour, 1 egg, 3 teaspoons baking powder. Bake in muffin rings or patty pans.—Mrs. W. G. McClellan.

PANCAKES—1 large teaspoon baking soda, 1 teaspoon salt and 1 pint flour all put through flour sifter together. Then add 1 scant pint of sour milk and beat well; add the beaten yolks of 2 eggs, mix thoroughly and then add the whites beaten stiff.

QUICK WAFFLES—2 pints sweet milk, 1 cup melted butter, sifted flour to make a soft batter, well beaten yolks of 6 eggs, then the beaten whites. Lastly, just before baking, 4 teaspoons baking powder. Beat very hard and fast for a few minutes. One-quarter of the above recipe, using 2 eggs, makes sufficient for two or three people.—Mrs. Ralph Davidson.

POTATO CAKES—2 cups mashed potatoes, 2 cups flour, 2 level teaspoons baking powder, 1 tablespoon lard, 1 tablespoon butter, $\frac{1}{2}$ cup of sweet milk, a little salt. Roll thin, cut into small cakes and bake.—Mrs. E. J. Reynolds.

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COOKIES AND SMALL CAKES

DATE AND NUT CAKES—Small cup of butter, $1\frac{1}{2}$ of sugar, 2 cups of flour, 3 eggs, level teaspoon of baking soda, teaspoon cinnamon, pinch of salt, little grated nutmeg, 3 tablespoons of hot water, 1 cup (heaped) of dates cleaned, stoned and cut up, 1 cup of almonds blanched and split in halves. Mix all dry ingredients together, then add the hot water and soda to mixture. Drop in small spoonfuls on buttered pan. Should sit up and be rough on top.—Mrs. A. M. Patterson.

BROWNIES— $\frac{1}{2}$ cup butter, 2 eggs, $\frac{1}{2}$ cup flour, vanilla, 1 cup sugar, 2 squares melted chocolate, 1 cup chopped nuts. Cream butter well, add sugar, eggs well beaten, flour, melted chocolate and nuts. Spread in pan about half inch thick and cook in a medium oven until done. Cut in squares before removing from the pan.—Elsie J. Stewart.

DATE STICKS FOR AFTERNOON TEA—3 tablespoons of pulverized sugar, 1 tablespoon creamed butter, 2 eggs beaten separately, 3 tablespoons flour (not heaped), $\frac{1}{2}$ teaspoon soda, 1 teaspoon cream of tartar, 1 cup walnuts chopped, 1 cup dates chopped. Bake in a moderate oven in a big flat tin. When done, cut in squares and roll in powdered sugar while hot. These will keep in a tin box for a number of days.—Mrs. H. A. Clark.

LADY'S FINGERS—1 cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{4}$ cup sweet milk, 1 pint flour, 1 egg, 2 teaspoons baking powder, $1\frac{1}{2}$ teaspoons vanilla. Cut in small strips, roll with the hands on the board. Sprinkle with sugar. Bake in a quick oven. Do not use rolling pin.—S. Mansell.

GINGER PUFFS— $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ teaspoon ginger, $\frac{1}{2}$ cup sugar, 2 cups flour, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ cup milk, 1 teaspoon baking soda, $\frac{1}{2}$ cup melted butter, 1 egg. Mix ingredients in usual way, and bake in fairly hot oven.—Mrs. Watt.

MACAROONS—To the stiffly beaten whites of 2 eggs add $\frac{1}{2}$ cup of white sugar, 2 cups of corn flakes, $\frac{1}{2}$ pound of almonds blanched and cut up, $\frac{1}{2}$ package of dates. Flavor with vanilla. Bake in a greased tin in a slow oven.—Mrs. R. A. Field.

OATMEAL COOKIES—1 cup brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup other shortening, 2 eggs, $1\frac{1}{2}$ cups flour, 2 cups rolled oats, 1 teaspoon cinnamon, $\frac{1}{2}$ cup chopped raisins, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup chopped nut meats, 1 teaspoon soda, 1 tablespoon vinegar. Cream shortening and sugar; add eggs well beaten, rolled oats and flour sifted with cinnamon and salt, then nuts and raisins, and lastly soda mixed with the vinegar. Roll thin and bake in a quick oven.—Mrs. K. Starr.

ENGLISH ROLLED WAFERS— $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup butter, 1 cup flour (scant), $\frac{3}{4}$ cup sugar, 1 tablespoon ginger. Heat molasses to boiling point, add butter, then slowly, stirring constantly, flour mixed and sifted with ginger and sugar. Drop small portions from tip of

spoon on a buttered inverted dripping-pan two inches apart. Bake in a slow oven. Cool slightly, remove from pan, and roll over handle of a wooden spoon.

HERMITS—1 cup butter, $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup molasses (West India), 3 eggs, 2 tablespoons water, $2\frac{1}{2}$ cups flour, 1 teaspoon soda, 1 cup each raisins and currants, 2 teaspoons spice (cloves, nutmeg, cinnamon). Drop on buttered pans.—Mrs. Deacon.

PAWTUCKET FINGERS— $\frac{1}{2}$ cup butter, 1 cup sugar, $\frac{3}{4}$ cup flour, 3 eggs, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{4}$ cup cocoa, 1 cup chopped nuts, 1 teaspoon vanilla. Cream butter and sugar, add yolks of eggs. Sift flour, baking powder and salt together, then add well beaten egg whites and cocoa. Mix thoroughly, then add nuts and vanilla. Bake in moderate oven for 25 or 30 minutes. Bake in shallow pan, cut in inch wide strips and frost with chocolate.—Mrs. Delahaye.

OLD-FASHIONED GINGER SNAPS—1 small cup sugar (white or brown), $\frac{1}{2}$ cup shortening, 1 egg, 1 cup molasses, $\frac{1}{2}$ teaspoon salt, 1 teaspoon soda, 1 teaspoon ginger, flour enough to make a soft dough. Roll thin, cut, and bake in a quick oven.—Margaret L. Curry.

DOUGHNUTS—3 eggs, 1 cup sugar, 2 tablespoons lard, 1 cup milk, salt, nutmeg to flavor, 3 teaspoons baking powder, flour enough to roll soft. Cut out and cook in deep fat.—Mrs. Lynn.

POTATO FRIED CAKES—1 cup of mashed potatoes, 1 cup granulated sugar, 8 teaspoons melted butter, 1 egg, 1 cup of sweet milk, 1 teaspoon of cream tartar, $\frac{1}{2}$ teaspoon of soda, 1 teaspoon of baking powder, 4 cups of flour, a pinch of salt.—Mrs. R. A. Stevenson.

MARGUERITES—2 eggs slightly beaten, 1 cup brown sugar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{2}$ cup flour, 1 cup chopped walnuts. Bake in small cup-tins for about 15 minutes.

COCOANUT KISSES—Whites of 3 eggs well beaten, stir in gradually 1 cup granulated sugar, 1 tablespoon cornstarch. Beat all together and place in double boiler. Steam 15 minutes. Stir in 2 cups of cocoanut and 2 teaspoons vanilla. Drop on buttered tins. Cook until brown.—Mrs. M. M. Brown.

HYBRID COOKIES— $\frac{1}{2}$ cup butter, $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ teaspoon salt, 3 egg yolks, $\frac{1}{2}$ teaspoon almond extract, 1 teaspoon vanilla, $2\frac{1}{2}$ cups flour. Cream butter and sugar, add salt, egg yolks (unbeaten), flavoring, and sifted flour. Mix well and shape in roll. Place in ice box over night. In the morning slice very thin with a sharp knife. Bake in a moderate oven. If desired, jelly can be put between and maple frosting on top.—Mrs. Snelson.

SOUR MILK CAKES— $\frac{1}{2}$ cup butter, 1 cup sugar, $1\frac{1}{2}$ cups flour, 1 teaspoon baking powder, $\frac{1}{2}$ cup sour milk, with $\frac{1}{2}$ teaspoon soda, 2 eggs. Cream sugar, butter and eggs, add flour and baking powder, sour milk and soda. Add a few currants. Bake in small muffin pans.—Mrs. R. A. Field.

DROP OATMEAL COOKIES—2 cups rolled oats, 2 cups flour 1 teaspoon soda, 1 tablespoon cocoa, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon of cloves, 2 eggs, $\frac{1}{2}$ teaspoon nutmeg, $\frac{1}{2}$ teaspoon salt, 1 cup chopped raisins, $\frac{1}{2}$ cup chopped nuts, 1 cup honey, 1 cup sour cream. Sift the dry ingredients together (except the rolled oats), and add all other ingredients. Stir well and drop by teaspoonfuls into pans.—Mrs. J. Grundy.

SUGAR COOKIES—1 cup sugar, $\frac{3}{4}$ cup butter, 2 eggs beaten, 2 teaspoons cream tartar, 1 teaspoon soda, pinch of salt, 3 cups flour. Roll thin.—Mrs. George Rogers.

FRUIT JUMBLE—1 lb. each raisins, dates, walnuts, $\frac{1}{2}$ cup butter, 1 cup sugar, 2 eggs, 1 teaspoon soda dissolved in hot water, 1 teaspoon cinnamon, 1 teaspoon cloves, $\frac{3}{4}$ cup flour. Chop fruit in chopping bowl. In a mixing bowl cream butter, sugar, eggs, add spices and soda, afterwards the fruit, and last the flour. Drop on buttered pan and cook in moderate oven till brown.—Mrs. Walton.

TRILBYS—1 cup brown sugar, 1 cup butter, 1 teaspoon soda, 2 teaspoons cream tartar, $\frac{1}{2}$ cup sweet milk, 2 cups flour, 2 cups oatmeal. Roll very thin and place together with the following: $\frac{1}{2}$ lb. dates, $\frac{1}{2}$ cup water, $1\frac{1}{2}$ cups sugar. Remove pits from dates, boil until soft, stirring well. Cut these out with small cooky cutter. Place filling on one side. Turn over the other edge like a turnover pie and bake.—Mrs. Edwin Smart.

FRUIT MACAROONS—Whites of 2 eggs beaten very stiff, 1 lb. dates split in two, $\frac{1}{2}$ lb. almond meats split in two, 1 cup granulated sugar. Put spoonfuls in buttered pan in moderate oven.—Mrs. Jason Mitchell.

RAGGED ROBINS— $\frac{1}{2}$ lb. dates cut not too small, $\frac{1}{2}$ cup sugar, $\frac{3}{4}$ cup blanched almonds cut in medium sized pieces, pinch of salt, $1\frac{1}{2}$ cups corn flakes, $\frac{1}{2}$ cup candied cherries cut, whites of 2 eggs beaten stiffly. Shape into balls by using 1 tablespoon cornstarch. Bake slowly.

OATMEAL SANDWICH—Filling: Boil till tender 1 lb. stoned dates, 1 cup brown sugar, 2 cups water, lemon juice, 3 cups oatmeal put through mincer, 2 cups flour, 1 cup each shortening (lard and butter) and brown sugar, 1 teaspoon each salt and baking soda. Crumble till fine. Spread layer of crumbs in square pan and pat down flat, add layer of filling and then layer of crumbs. Pat down again, and sprinkle few crumbs on top. Bake in rather hot oven 20 minutes. Before cold, cut in small squares.—Mrs. Sanderson, St. Mary's.

SMALL CAKES—4 cups corn flakes, 1 cup granulated sugar, 1 cup broken almonds, 1 cup cocoanut, whites from 4 eggs beaten stiff. Mix all the dry ingredients and work in the whites of eggs. Make into little balls and flatten out on pan. Bake on buttered tin.—Mrs. J. S. Copland.

BETTY MACAROONS—1 lb. dessicated cocoanut, 1 can Betty condensed milk. Mix thoroughly and drop on oiled paper or greased pan in teaspoonfuls. Bake in slow oven until brown.—Mrs. J. R. A. Laing.

DATE CAKES—1 lb. stoned dates, $2\frac{1}{2}$ cups rolled oats, $2\frac{1}{2}$ cups flour, 1 cup brown sugar, 1 cup butter, $\frac{1}{2}$ cup warm water, 1 cup granulated sugar, $\frac{1}{2}$ cup cold water, 1 teaspoon baking soda. Put dates, granulated sugar and cold water into a small saucepan, boil until dates are soft; allow to cool. Cream brown sugar and butter together, then add the rolled oats and the flour, and mix well with the hand. Add the hot water and soda and divide the dough into two equal parts. Roll out thin. Spread the date filling on one layer, place the second layer on top of the filling and cut into squares. Bake in hot oven on buttered tins. Delicious with coffee.—Emma Clark, Toronto.

PIGS IN BLANKETS—Remove stones from 1 lb. dates, place one blanched almond in centre of date. Cut cookie dough in narrow strips and wrap around date, leaving both ends of date projecting. Bake until a light brown.

Cookie Dough—1 cup white sugar, 1 cup butter, 3 eggs, 1 cup cornstarch, flour enough to roll thin, 2 teaspoons baking powder.—Mrs. Crawford Smart.

BUTTERSCOTCH COOKIES—2 cups brown sugar, 1 scant cup butter and lard mixed, 2 eggs, 1 teaspoon vanilla, 1 teaspoon each of soda and cream tartar, a little salt, 1 cup chopped nut meats (walnuts preferred). Add flour to make a soft dough. Form in roll and slice in morning and bake.—Mrs. A. N. Clark.

NUT AND DATE CAKE—Stiffly beaten whites of 3 eggs, 1 cup of granulated sugar, 1 tablespoon cornstarch, $\frac{1}{2}$ lb. chopped walnuts, $\frac{1}{2}$ lb. chopped dates. Cook eggs, sugar, cornstarch in top of double boiler until sugar dissolves. Add nuts and dates and drop on buttered sheet in slow oven until brown. Almonds may be substituted.—Helen Armstrong, Toronto.

BROWNIE STONES—2 cups rolled oats, $\frac{1}{2}$ cup cocoanut, 2 eggs, 2 teaspoons baking powder, 1 small cup white sugar, 2 tablespoons of melted butter, $\frac{1}{2}$ teaspoon lemon extract, and pinch of salt. Mix all together and add well beaten eggs last. Drop by teaspoons on greased paper and bake ten or fifteen minutes in hot oven. Do not remove from paper till cold. A bit of canned fruit may be put on top before baking.—Mrs. M. M. Dancy, Toronto.

FRUIT SCONES—4 cups flour, 2 tablespoons sugar, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon grated nutmeg, $\frac{1}{2}$ teaspoon salt, 3 heaping tablespoons butter, 1 cup Sultanas. Sift flour, baking powder and salt together. Then add sugar and grated nutmeg. Work the butter thoroughly with the dry ingredients with the tips of the fingers. When blended, thoroughly make a hole in the centre. moisten with about $1\frac{1}{2}$ cups milk. In mixing, keep the dough in one mass, adding milk gradually at the centre. Work flour in from the sides. Keep dough as soft as possible. Roll, cut round or fluted, or three-cornered. Brush with beaten egg. Bake 25 minutes in a moderate oven.—Mrs. John Gunn, Toronto.

ROYAL FANS— $\frac{1}{2}$ cup flour, 3 tablespoons butter, 2 tablespoons brown sugar. Mix and sift flour and sugar, add butter and work into a mixture with finger tips. Roll $\frac{1}{3}$ inch in thickness, shape with fluted round cutter 5 inches in diameter, cut each piece in quarters and crease with dull edge of knife to represent folds of a fan. Bake 50 minutes in a slow oven.—L. A. Palmer, Toronto.

DATE SANDWICH CAKES—3 cups of rolled oats, 2 cups flour, 1 teaspoon salt, 1 cup shortening, 1 cup brown sugar. Filling: 1 lb. dates cooked in 1 cup water, a little sugar, a small piece of butter. Cool. Spread one-half above mixture in buttered pan and press down with the back of hand; then spread all of date filling with a fork. Cover with the rest of the mixture. Bake about 20 minutes in moderate oven, then cut in squares when cool.—Mrs. I. C. McClean.

SMALL OATMEAL CAKES— $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sugar, 1 egg, 3 tablespoons milk, 1 cup rolled oats, $\frac{1}{2}$ cup walnuts, $\frac{1}{2}$ cup raisins, 1 cup flour, $\frac{1}{2}$ teaspoon soda. Cream butter and sugar, add egg and milk, walnuts broken in pieces, raisins, flour, soda, and rolled oats. Drop from teaspoon on buttered tins and bake in quick oven.—K. Cowan, Toronto.

MERINGUES—Whites of 4 eggs, $\frac{1}{2}$ teaspoon vanilla, $1\frac{1}{4}$ cups fruit sugar. Beat whites of eggs stiff, add $\frac{3}{4}$ cup sugar and continue beating until mixture will hold its shape. Fold in remaining sugar and flavor. Cover a wet board with paper and press meringue mixture on it, using a pastry tube, or shape with a spoon. Bake 45 to 60 minutes in a very slow oven. Sprinkle with fine colored sugar.—Mrs. McGregor, Sarnia, Ont.

BUTTER MACAROONS— $\frac{1}{2}$ cup butter, 2 egg yolks hard cooked, $\frac{1}{2}$ cup granulated sugar; $\frac{1}{4}$ cup blanched chopped almonds, grated rind of $\frac{1}{2}$ lemon, $\frac{1}{4}$ teaspoonful cinnamon, $1\frac{1}{2}$ cups flour. Cream the butter, add the egg yolks pressed through a sieve, and the other ingredients in the order named. Mix all to a dough. Break off pieces the size of a hickory nut, roll into a small ball, then pat down into shape of a finished macaroon, brush over with the white of an egg beaten slightly, dredge with granulated sugar, and bake to an amber shade.—Lem Fang.

CORN FLAKE CAKES—1 cup shortening ($\frac{1}{2}$ butter), 1 cup white sugar, 2 eggs, 1 tablespoon water, $1\frac{1}{2}$ cups flour, 2 teaspoons baking powder, salt, 4 cups corn flakes. Cream butter and sugar, add eggs and water, then flour, baking powder, salt, and corn flakes. Drop on buttered tins and bake in quick oven ten minutes.

COFFEE COOKIES—1 cup butter and lard, 1 cup sugar, 1 teaspoon mixed spice, flour, 1 cup molasses, 1 cup hot strong coffee, 1 teaspoon soda. Cream butter, add lard and sugar, spice and molasses, soda dissolved in hot coffee, and flour to make stiff enough to roll thin. Cut, and cook in moderate oven and fill with date filling.—Mrs. W. L. Palmer, Toronto.

FRUIT ROLLS—2 cups flour, $\frac{1}{2}$ teaspoon salt, 4 teaspoons baking powder, 2 tablespoons sugar, 2 tablespoons butter, $\frac{1}{2}$ cup currants. Make as tea biscuits. Roll a third of an inch thick and spread with 2 table-

spoons softened butter, $\frac{1}{3}$ cup brown sugar, $\frac{1}{3}$ cup raisins (cut in pieces) 1 teaspoon cinnamon, $\frac{1}{2}$ cup currants. Roll; cut in slices three-quarters of an inch thick. Place in greased pans with cut surface up and down, and bake 15 minutes in a quick oven.—M. H. Smart, Toronto, Ont.

ENGLISH WALNUT CAKES—4 eggs, $\frac{3}{4}$ cup granulated sugar, 1 cup walnut meats chopped fine, 1 cup currants, 1 teaspoon baking powder, $\frac{1}{2}$ cup cracker crumbs rolled very fine, vanilla and almond flavoring. Beat yolks and sugar until very light, add nuts, currants, crumbs and baking powder, lastly fold in whites beaten very stiff, spread about half inch thick in pan, bake in a moderate oven. Ice while warm. Cut in any desired shape.—Mrs. W. J. Moore.

ROLLED ALMOND WAFERS—Whites of 4 eggs, 4 oz. blanched minced almonds, 2 level tablespoons sifted flour, $\frac{1}{2}$ cup and 2 level tablespoons sugar. Use large eggs; beat the whites about half as much as for a cake; beat in the almonds, flour and sugar. Drop on oiled baking sheets and spread in square or round shapes. Bake to a delicate amber color in a quick oven. At once roll them on the handle of a wooden spoon into cylindrical shape. Serve plain or filled with whipped cream.—Lee Langmuir, Toronto.

FRUIT BARS—1 cup sugar, 3 eggs, 1 cup walnuts, pinch of salt, 1 package of dates, 1 cup flour, 1 teaspoon baking powder. Beat yolks of eggs and sugar to a cream. Mix in salt, baking powder and sifted flour. Add nuts broken into pieces, and dates stoned and quartered. Fold in stiffly beaten whites of eggs. Bake in a flat pan in a moderate oven. While warm, cut in bars and roll in powdered sugar.—Lee Langmuir.

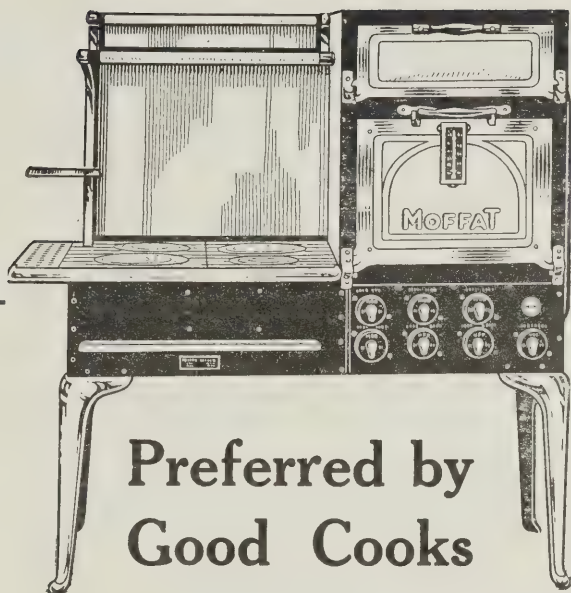
INDIANS— $\frac{1}{2}$ cup butter, 1 cup white sugar, 2 eggs, $2\frac{1}{2}$ squares melted chocolate, $\frac{1}{2}$ cup flour and pinch of salt, $\frac{2}{3}$ cup chopped nuts, 1 teaspoon vanilla. Cream butter and sugar, add other ingredients in order given. Bake ten minutes in hot oven. Cut in squares while hot.

HARD BOILED EGG COOKIES—1 lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. granulated sugar, yolks of 5 hard boiled eggs. Mix eggs with a fork until very fine, then add other ingredients. Roll half inch thick, cut in small shapes, brush with white of egg. Sprinkle with sugar and crushed nuts before baking.—Mrs. W. J. Moore.

DATE TARTS—Whites of 4 eggs, $1\frac{1}{4}$ cups fruit sugar, 1 teaspoon vanilla, $\frac{1}{2}$ pound shelled almonds, $\frac{1}{2}$ pound dates. Blanch almonds and stone dates. Put through meat chopper together. Beat whites of eggs stiff. Add half the sugar gradually, beating continuously. Flavor; fold in lightly almonds and dates mixed with the remaining sugar. Turn into a shallow buttered pan and bake in a slow oven. Cut in bars while hot and remove from pan.—Mary Smart, Toronto.

TEA DAINTIES— $\frac{1}{2}$ cup butter, 2 cups fruit sugar, 1 cup milk, whites of 4 eggs, 1 teaspoon lemon extract, 2 teaspoons baking powder, about 2 cups flour, for soft batter. Cream butter and sugar, add other ingredients and beat the batter hard for 10 minutes. Put in heated patty pans and bake quickly. Ice when cold.

PERKINS—2 lbs. flour, 1 lb. rolled oats, $\frac{1}{2}$ lb. brown sugar, 1 heaping cup butter and lard, 1 pint syrup, 1 tablespoon soda, 1 teaspoon cloves, 1 teaspoon cinnamon, $\frac{1}{2}$ cup water. Drop in pans and bake in a slow oven.—Mrs. W. J. Moore.



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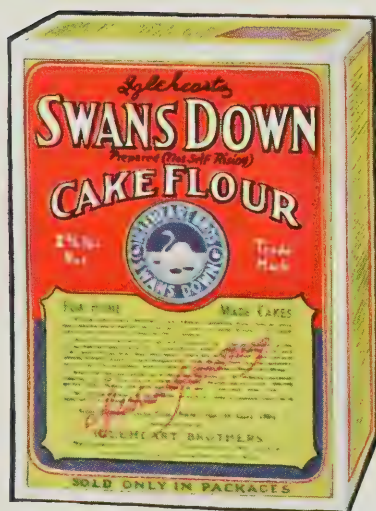
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DELICIOUS SWANS DOWN CAKE

$\frac{1}{2}$ cupful butter, or substitute	3 teaspoonfuls baking powder
1 cupful sugar	$\frac{1}{4}$ teaspoonful salt
$\frac{2}{3}$ cupful milk	1 teaspoonful vanilla
2 cupfuls SWANS DOWN CAKE FLOUR	3 egg whites

Cream butter, gradually add sugar, creaming mixture well. Sift flour once, measure, add baking powder and salt and sift three times. Add the flour and milk alternately to the creamed butter and sugar, beating batter hard between each addition of flour and milk. Add vanilla extract. Fold in the stiffly-beaten egg-whites and bake in a loaf or two layers in a moderate oven. Ice as desired.

Before attempting to make any cakes in this book, read this article. It may prevent a cake failure, thereby saving the waste of ingredients. These are the four most important steps in cake-making, and if followed carefully will help you to make really, good cake.

SELECTING INGREDIENTS

A good cake cannot be made with poor ingredients. For the best results choose only the purest materials obtainable. Cake is a food that contains the most nutritive elements, such as eggs, butter, milk, sugar, flour, etc. Cake is more delicate than bread and needs a more delicate flour. This flour is Swans Down Cake Flour, soft, white, and velvety, made especially for cake and pastry making. Swans Down costs but a few cents more per cake and yet it insures against disappointment and costly cake failures. Lighter, whiter, finer, better cakes if you use Swans Down.

MEASURING

All ingredients called for in any good recipe must be accurately mixed and all measurements should be level. This is necessary in order to obtain the same results in each baking. The standard one-half pint measuring cup should be used and the recipe followed exactly.

CAREFUL MIXING

It is necessary in successful cake-making that all ingredients be perfectly measured and utensils and cake tins be ready before beginning to mix the cake. Always beat the shortening to a cream before adding any sugar. Add sugar gradually, creaming the mixture meanwhile. Add a little sifted Swans Down Cake Flour, with baking powder added, then a little milk and so on alternately until all the flour and milk are used. Beat the batter, never stirring, after each addition of flour and milk. Add flavoring. The stiffly-beaten egg-whites should be next folded in very carefully if recipe calls for same. Work quickly, but carefully, in mixing your cake.

CORRECT OVEN HEAT

The heat of oven for cake-making is of very great importance. There are some general guides for temperature which may be profitably observed. All thin layer, small cakes and cookies require a hot oven (350-400° F). Thick layer and cakes baked in a loaf require a moderate oven (325-375° F) while sponge cakes and angel cakes require a slow oven (250-300° F). Fruit cakes require even a slower oven (200-250° F).

The helpful hints above are taken from "Cake Secrets," an authoritative booklet on cake-making by Janet McKenzie Hill, editor of American Cookery Magazine. You are welcome to a copy full of original recipes, directions, illustrations—for 10c sent to Igleheart Brothers, Evansville, Indiana, Department C. L. Best grocers everywhere have Swans Down Cake Flour. If you cannot get it, write us. Use it in your cake and pastry making.

Always use Swans Down Cake Flour in all cake recipes given in this book and elsewhere. It insures lighter, whiter, finer cakes.

CAKES

Causes of Cake Failures—Heavy cakes are sometimes caused by too slow an oven, or by the use of too much sugar or butter. When a cake “falls” it is caused by insufficient quantity of flour, or rising ingredient, or from moving it in the oven after the cake has risen but before the cell walls have become fixed or firm by the heat; too fast an oven; or removing from oven before thoroughly baked.

A cake is bready when too much flour has been used.

A cake presents an uneven surface and cracks open on the top when too much flour is used; or more often, when too strong heat at first crusts over the top before the mixture has risen to its full height. Later when the batter, heated throughout, rises, it bursts out at the weakest place, usually the top.

Coarse-grained cakes may be the result of too much leavening ingredients; too slow an oven; insufficient creaming of butter and sugar, and insufficient beating of batter before addition of egg whites.

Larger holed angel cakes are easily occasioned by insufficient blending of egg whites with other ingredients. Too little sugar or too fast an oven might produce such an effect.

For perfect cakes use choicest materials, and standard measuring cups and spoons.

FRUIT CAKE—1 pound each, brown sugar, butter, flour, 12 eggs, 1 cup molasses, 1 cup sour cream, 1 teaspoon soda, 1 wine glass of brandy, 1 of . . port wine, 4 pounds each raisins and currants, 1½ lbs. citron, 1 tablespoon each cinnamon, cloves, allspice, mace, nutmeg. Bake 4 hours.—Mrs. J. M. Walsh.

IMPERIAL CAKE—The whites and yolks of 9 eggs beaten separately, 1 lb. each sugar, flour, butter, blanched almonds cut up, ½ lb. raisins, ½ lb. citron peel, the juice and grated rind of 1 lemon. This recipe makes two cakes.—Mrs. Field.

FRUIT CAKE—1 lb. each butter, sugar, flour. 10 eggs. 3 lbs. raisins. 2 lbs. currants, ¼ lb. each lemon, orange and citron peel, 1 lb. stoned dates cut in small pieces, ½ lb. blanched and sliced almonds. juice of 1 orange, 1 tablespoon mace, 2 wine glasses sherry and 1 of brandy, 2 teaspoons cream of tartar. 1 teaspoon soda. dissolved in a little hot water. Mix fruit, spices and peel together, add fruit gradually to butter and sugar, with yolks of eggs, then add fruit juice, flour and whites of eggs. leaving soda until last. Bake slowly three hours.—Mrs. W. A. Lewis.

WHITE FRUIT CAKE—1 cup butter, 2 cups white sugar, whites of 5 eggs. ½ lb. blanched almonds, 1 cup each cocoanut and candied cherries cut in halves. 2 lbs. Sultana raisins. ¼ lb. citron peel 5c. oil of lemon, 1 teaspoon salt. 1½ cups milk. 3 cups flour, 3 teaspoons baking powder. Bake in slow oven.—Mrs. W. G. McClellan.

DATE CAKE—3 eggs, 1 cup granulated sugar, 2 cups of chopped dates, 1 cup of flour, $\frac{1}{2}$ cup chopped nuts, 1 teaspoon of baking powder, $\frac{1}{2}$ teaspoon of salt. Beat yolks of eggs, cream with sugar, add dates and dry ingredients, lastly add whites of eggs beaten stiff.—Mrs. R. A. Stevenson.

LIGHT FRUIT CAKE—1 lb. sugar, 1 lb. butter, $1\frac{1}{2}$ lbs. Sultana raisins, $\frac{1}{2}$ lb. candied peel, 10 eggs, 1 teaspoon each baking powder and salt, 1 lb. flour. Bake in a rather slow oven in a tin lined with paper. Makes 1 large or 2 smallcakes.—Miss M. L. Curry.

POUND CAKE—1 lb. flour, 1 lb. sugar (light brown or fruit), 1 lb. butter, 8 eggs, 1 level teaspoon of baking powder, flavoring to taste. Cream butter, add sugar and beat well until light and creamy. Add 1 egg at a time, beating well after each egg, then add sifted flour to which baking powder has been added. The mixture may be divided, adding to one part, citron peel, raisins and grated nutmeg. May also be used as small cakes baked in patty tins.—Mrs. H. C. Gates.

IMPERIAL CAKE— $\frac{3}{4}$ lb. butter, 2 cups sugar, $\frac{1}{2}$ cup milk, salt, 6 eggs, 4 cups seedless raisins, $4\frac{1}{2}$ cups flour, 1 cup mixed peel, 1 heaping teaspoon baking powder, 1 cup almonds, $\frac{1}{2}$ cup cherries, 1 teaspoon each vanilla and lemon.—Mrs. A. Fullerton.

WHITE FRUIT CAKE—1 cup butter, 2 cups sugar, 1 scant cup milk, $3\frac{1}{2}$ cups flour, 5 eggs (yolks and whites beaten separately), 1 lb. cocoanut, 1 lb. almond nuts blanched and cut finely, 1 lb. mixed peel cut finely, 2 lbs. raisins (small), 2 heaping teaspoons baking powder. All the fruit, finely cut, should be floured and added last. Cream butter and sugar, mix in 1 cup of flour before adding the yolks of eggs. Fold in gradually the rest of the flour, baking powder and milk. Then fold in egg whites beaten until stiff. Almond nuts, cocoanut and fruit should be added in the order named.—A. G. Anderson.

SPONGE CAKE—7 eggs, leaving out whites of three, $\frac{3}{4}$ lb. loaf sugar, $\frac{1}{2}$ lb. flour. Bring the sugar to the boil with 2 wine glasses of water, pour into the eggs and beat for 20 minutes. Fold in the flour and bake in a moderate oven. Do not disturb for the first half hour, then try with a knitting needle.—Mrs. R. Craig.

SPONGE CAKE—3 eggs and the weight of 3 in flour. Add $\frac{1}{2}$ cup granulated sugar. Mix yolks and sugar together, then stir in the whites, beating 20 minutes at least. Add $\frac{1}{2}$ teaspoon vanilla and lastly the flour, stirring as little as possible.

SUNSHINE CAKE—1 cup sugar, 1 cup flour, 5 eggs, $\frac{1}{2}$ teaspoon cream tartar. $\frac{1}{4}$ teaspoon salt. Beat whites of eggs; when partly beaten add cream of tartar and salt; beat yolks of eggs until light, sift sugar once and flour three or four times, then measure, beat in sugar, then yolks of eggs; lastly fold in flour. Do not mix but fold in lightly.—Mrs. W. R. Seace.

SHORTBREAD—4 oz. sugar (caster), 8 oz. butter, 12 oz. flour. Beat butter and sugar to a cream, add flour. Bake in a medium oven.—Mrs. R. Craig.

JELLY ROLL—1 cup sugar, yolks of 4 eggs, beaten light, 1 cup flour sifted 3 times with 1 teaspoon of baking powder. Add well beaten whites last.—Mrs. Passmore.

JAM CAKE—1 cup sugar, $\frac{1}{2}$ cup butter, 3 eggs (not beaten), 3 tablespoons sour milk, 1 heaping teaspoon soda, $1\frac{1}{2}$ cups flour, 1 teaspoon cinnamon and cloves, 1 cup of jam (raspberry or strawberry is best), put in last.—Mrs. R. H. Smart.

ANGEL CAKE—The whites of 11 eggs, 1 level teaspoon cream of tartar, $1\frac{1}{2}$ cups fine (sifted) granulated sugar, 1 cup flour sifted 5 times before measuring, $\frac{1}{4}$ teaspoon salt, 1 teaspoon vanilla, $\frac{1}{4}$ teaspoon almond extract. Beat eggs until foamy, add cream of tartar, continue beating until eggs are stiff but not dry. Fold in sugar, 1 tablespoon at a time, add flavoring, fold in flour in same manner as sugar. Pour into any raised tin and bake 50 to 60 minutes in a slow oven.—Mrs. George Smart.

RAISIN AND DATE LOAF—1 cup butter, 2 cups brown sugar, 1 cup sour milk, $3\frac{1}{2}$ cups flour, 2 eggs added last, $1\frac{1}{2}$ lbs. raisins and dates, $\frac{1}{2}$ lb. walnuts, 1 teaspoon soda, $\frac{3}{4}$ teaspoon salt.—Mrs. Rhodes.

COFFEE MOCHA CAKE— $\frac{1}{2}$ cup butter, 1 cup sugar, 2 eggs well beaten, $\frac{1}{2}$ cup strong coffee, $1\frac{3}{4}$ cups flour with $2\frac{1}{2}$ teaspoons baking powder, $\frac{3}{4}$ cup chopped walnuts. Ice with white butter icing and sprinkle with chopped nuts.—Mrs. George Rogers.

NUT SPICE CAKE— $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup brown sugar, $\frac{1}{4}$ cup molasses, 1 egg, $\frac{1}{2}$ cup sour milk, $1\frac{1}{4}$ cups of flour, $\frac{1}{2}$ level teaspoon of soda, $\frac{1}{2}$ level teaspoon of cinnamon, $\frac{1}{8}$ teaspoon of cloves, $\frac{1}{8}$ teaspoon nutmeg, $\frac{1}{2}$ cup seedless raisins washed, dried between towels and floured, $\frac{1}{4}$ cup currants treated same as raisins, $\frac{1}{4}$ cup chopped walnuts, 1 level teaspoon baking powder. Mix and put in a loaf tin lined with buttered paper. Let stand 15 minutes, then bake in a moderate oven for 45 minutes.—J. Susiki.

CHRISTMAS CHERRY CAKE— $\frac{3}{4}$ lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, $\frac{1}{4}$ lb. candied cherries, $\frac{1}{4}$ lb. candied peel, $\frac{1}{4}$ lb. sultana raisins, $\frac{1}{4}$ lb. almonds, 3 eggs, 1 teaspoon baking powder, 2 tablespoons cold water. Beat sugar and butter to a cream, add eggs dropped in whole, add the fruit, blanched almonds cut in large pieces, baking powder and flour, and, last, the water. Line a deep cake tin with paper, pour all in and bake in a hot oven with plate on top for $1\frac{1}{2}$ hours, allowing cake to remain in for another $\frac{1}{2}$ hour.—Mrs. H. A. Clarke.

FUDGE CAKE—Cream $\frac{1}{2}$ cup butter and 1 cup of sugar, add 1 beaten egg and 2 squares melted chocolate, measure and sift 1 teaspoon salt, $\frac{3}{4}$ teaspoon soda, 2 cups flour, 1 teaspoon baking powder; add alternately with 1 cup sour milk; last add 1 teaspoon vanilla. Bake 45 minutes, slow oven.—Mrs. Walton.

SPICE CAKE— $\frac{3}{4}$ cup yellow sugar, $\frac{1}{3}$ cup of butter, 1 egg, $\frac{1}{2}$ cup sour milk or hot water, 1 teaspoon soda dissolved in milk or water, add 1 cup flour, $\frac{1}{2}$ lb. chopped dates, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{4}$ teaspoon ginger.—Mrs. Begg.

LIGHT RAISIN CAKE—3 eggs, 1 cup sweet milk, 1 cup white sugar, 1 cup butter, 1 lb. raisins and dates mixed, 3 cups flour, 2 teaspoons baking powder. Peel or nuts added if desired.

CRUMB CAKE—2 cups flour, 1 heaping cup of brown sugar, $\frac{3}{4}$ cup of butter, 1 teaspoon cloves, 1 teaspoon cinnamon, crumb as for pie crust and save out $\frac{3}{4}$ cup for top. To remainder add 1 egg (beaten), 1 cup sour milk, 1 teaspoon soda, 1 cup raisins, 1 cup chopped walnuts. Put in baking tin and spread the $\frac{3}{4}$ cup of crumbs on top. Bake about 25 minutes.—Mrs. R. H. Arnold.

SOFT GINGERBREAD— $\frac{1}{3}$ cup shortening, $1\frac{1}{2}$ cups sugar (brown), 1 egg, 1 cup molasses, 1 cup sour milk, 2 teaspoons ginger, grated rind of a lemon, $2\frac{1}{2}$ cups flour, 1 teaspoon soda. Cream shortening and sugar, add grated rind of lemon, a well beaten egg, cup of molasses, cup of sour milk in which a teaspoon of soda has been dissolved, lastly $2\frac{1}{2}$ cups of flour in which 2 teaspoons of ginger have been sifted. Bake slowly.—A. E. Webster.

POTATO FLOUR CAKE—3 eggs, $\frac{3}{4}$ cup sugar, $\frac{3}{4}$ cup potato flour, 1 small teaspoon of salt, 2 heaping teaspoons baking powder. Beats eggs until light, sift potato flour, baking powder and salt.—Bake in quick oven.—Mrs. John Hines.

HOT WATER CAKE—1 cup sugar, small piece butter, 1 egg, 1 teaspoon vanilla, $1\frac{1}{4}$ cups flour, $\frac{1}{2}$ cup nut meats, pinch soda, 1 cup dates, 1 cup hot water, 2 teaspoons baking powder, 1 teaspoon salt. Cream butter and sugar, then break in egg. Mix in other ingredients, and last of all hot water. Bake in a moderate oven about $\frac{1}{2}$ to $\frac{3}{4}$ of an hour.—Mrs. K. Starr.

LADY CAKE—Beat $\frac{1}{2}$ cup butter to a cream, add gradually $1\frac{1}{2}$ cups granulated sugar. When very light add $\frac{3}{4}$ cup cold water and 2 cups flour, 1 heaping teaspoon baking powder, half the well beaten whites of 4 eggs. Have ready 1 cup walnuts and $\frac{1}{4}$ lb. peel well floured, add remainder of egg whites, vanilla. Sprinkle top with granulated sugar and bake in moderate oven 55 minutes.—Mrs. Sanderson (St. Mary's).

DEVIL CAKE—Yolks of 3 eggs, white of 1 egg, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup butter, 1 cup sugar, 2 squares Baker's chocolate (dissolved), 1 cup flour, 2 teaspoons baking powder. Cream eggs and sugar, add butter and chocolate, lastly milk, flour, baking powder, and a little vanilla. Filling: 2 cups brown sugar, $\frac{1}{2}$ cup cream or milk, $\frac{1}{2}$ cup of butter. Boil 20 minutes then stir until thick.—Mrs. V. Kincaid.

PLAIN CAKE—1 cup butter, 2 cups sugar, 1 cup milk, 3 cups flour, 4 eggs, 3 teaspoons baking powder, flavor with vanilla or nutmeg, and a few currants or $1\frac{1}{2}$ cups nuts chopped fine. Cream butter and add sugar gradually, add beaten yolks of eggs, then add sifted dry ingredients alternately with milk. Beat thoroughly and well. Add whites well beaten last.

PRINCE ALBERT CAKE—1 cup chopped raisins, 1 cup brown sugar, $\frac{1}{2}$ cup butter and lard, 2 eggs, $\frac{3}{4}$ cup sour milk, 1 teaspoon cinnamon, 1 teaspoon cloves, $\frac{3}{4}$ teaspoon soda (dissolved in milk), $\frac{1}{2}$ teaspoon

salt, 1 heaping cup flour. Cream shortening and sugar, add beaten eggs, milk and soda, flour sifted with salt, cinnamon and cloves, then raisins. Bake in two tins. Icing: 1 cup granulated sugar, $\frac{1}{2}$ cup sweet milk. Boil until it threads, then beat until nearly cold and spread on cake.—Mrs. McBroom.

STRAWBERRY CAKE— $\frac{1}{2}$ cup butter, 1 cup sugar, 2 eggs, 1 large cup of strawberries, juice and all. In this mix thoroughly 1 teaspoon of soda, $\frac{1}{2}$ cup cold water, 2 cups flour. Bake in two layers.—Elsie J. Stewart.

CHOCOLATE CAKE— $1\frac{1}{2}$ cups granulated sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup milk, 3 eggs well beaten, 2 scant cups flour, 2 teaspoons baking powder, 2 squares unsweetened chocolate, 5 tablespoons boiling water, vanilla, salt. Makes 3 layers, or large solid cake. Filling: 2 cups pulverized sugar, 5 teaspoons cocoa, small piece of butter, coffee to mix.—Mrs. J. W. Mitchell.

MADEIRA CAKE—4 eggs, 6 ounces dry powdered sugar, 6 ounces flour dried and sifted, 4 ounces butter (soft), rind of lemon. Beat eggs light, and add the other ingredients just as mentioned. Just before baking beat well in $\frac{1}{2}$ teaspoon baking soda. Bake 1 hour in moderate oven.—Mrs. T. W. Reynolds.

SPANISH BUN—Two cups sugar, 1 cup butter, 4 eggs, 1 cup milk, $1\frac{1}{2}$ teaspoonfuls baking powder, 2 teaspoonfuls cinnamon, 1 teaspoonful cloves, 2 cups flour. Bake in shallow tins.—F. Cossitt.

LAYER CAKE— $\frac{1}{4}$ cup butter, 1 cup sugar, 2 eggs, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups flour, $2\frac{1}{2}$ teaspoons baking powder, 1 teaspoon vanilla, fruit filling, $1\frac{1}{2}$ cups water, 2 tablespoons cornstarch, $\frac{1}{2}$ cup fruit jelly, $\frac{1}{2}$ cup raisins, $\frac{1}{4}$ lb. chopped figs, $\frac{1}{2}$ cup blanched chopped almonds (or walnuts), juice of $\frac{1}{2}$ lemon, 2 tablespoons sugar. Cook jelly with the water, add fruit, nuts, sugar and lemon juice. Thicken with the cornstarch which has been mixed with a little cold water. Cook until thick. Cool and spread.—Kate McLean.

ICE CREAM CAKE— $1\frac{1}{2}$ cups sugar, $\frac{3}{4}$ cup butter, 3 eggs, $\frac{3}{4}$ cup milk, 3 cups flour, 3 small teaspoons baking powder. Cream butter thoroughly, add sugar gradually. Beat in eggs one at a time, without separating; sift flour and baking powder, add milk and flavoring. Fig Filling: $\frac{1}{2}$ lb. figs, $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup sugar. Boil until soft.—Miss C. W. Cossitt.

MINUTE LAYER CAKE—Break 1 egg into a measuring cup, fill cup with milk and allow room for 2 tablespoons of melted butter. In a mixing bowl place 1 cup (heaping) of flour, 1 scant cup sugar, pinch of salt, 2 teaspoons baking powder, vanilla. Add milk, egg and butter mixture and beat thoroughly. Place in a cold oven. Turn on heat and bake for half an hour.—Mrs. George T. Lewis.

CHOCOLATE CAKE—2 eggs, 1 large cup brown sugar, $\frac{1}{4}$ cup butter, 6 teaspoons cocoa (mix to a paste with boiling water), pinch of salt, 1 teaspoon vanilla, 1 teaspoon soda dissolved in hot water, 1 cup of buttermilk or sour cream, 2 cups flour. Bake in two layers or a square tin.—Elsie J. Stewart.

CHERRY OR ANGELICA CAKE— $\frac{1}{2}$ lb. fruit sugar, 5 eggs, $\frac{1}{2}$ lb. butter, 1 tablespoon cornstarch, 10 oz. flour, 1 large teaspoon baking powder, 6 oz. crystallized cherries, 3 oz. angelica or citron peel. Cream butter and sugar, stir in flour, cornstarch and baking powder, then cherries cut in halves, and angelica chopped. Bake in moderate oven.—Miss Winifred Burgess.

ORANGE CAKE—2 eggs, their weight in butter, sugar and flour. Beat the butter and sugar to a cream, then add the eggs one by one, then the flour, beating well. Add the grated rind of 1 orange and about half the juice, 1 small teaspoonful baking powder. Put in a small tin that has been buttered and lined with buttered paper. Bake 20 minutes to $\frac{1}{2}$ hour.

Orange Icing—6 ounces icing sugar, enough orange juice to make to the consistency of thick cream.—Miss E. M. Fitchie, Belfast.

BROWN SUGAR CAKE—Brown 1 cup brown sugar and $\frac{1}{2}$ cup hot water. Cream $\frac{1}{2}$ cup butter, 1 cup white sugar, yolks of 2 eggs, 1 cup lukewarm water, and 2 cups flour. Beat 5 minutes. Add 3 tablespoons burnt sugar mixture, 1 teaspoon vanilla, 2 teaspoons baking powder, in $\frac{1}{2}$ cup flour, pinch salt, whites of the 2 eggs well beaten. Bake in 2 layers.—Mrs. D. D. Donovan.

BUTTERCUP CAKE— $\frac{3}{4}$ cup butter, $1\frac{1}{2}$ cups sugar, yolks of eight eggs, 1 whole egg, $\frac{1}{2}$ cup milk 2 cups flour, $\frac{1}{2}$ teaspoon soda, $\frac{1}{2}$ teaspoon cream of tartar, 1 teaspoon lemon extract. Mix in the order given and bake in two pans in a moderate oven till the loaf shrinks from the pan.—Mrs. J. S. Copland.

FLAKE CAKE— $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup sour milk, $\frac{1}{2}$ cup syrup, 1 egg, 1 teaspoon cinnamon, 1 teaspoon soda mixed in milk, $1\frac{3}{4}$ cups flour. Bake in layers, and ice as desired.—Willow Reynolds.

GINGERBREAD (SOFT)— $\frac{1}{2}$ cup butter, 1 cup sugar, 1 cup molasses, 2 teaspoons soda dissolved in 1 cup boiling water and added to molasses, 2 teaspoons ginger, 1 teaspoon cinnamon, 1 teaspoon cloves, $2\frac{1}{2}$ good cups flour. Last thing add two well beaten eggs, and if liked, cover with blanched almonds split.—Mrs. A. Fullerton.

LAYER CAKE— $\frac{1}{2}$ cup butter, 1 cupful sugar, 2 cups flour, 3 level teaspoonfuls baking powder, 3 egg whites, 1 cup sweet milk, $\frac{1}{2}$ teaspoonful vanilla. Cream the butter, add sugar gradually, creaming the mixture well. Sift the flour three times with baking powder added. To the creamed butter and sugar add a little flour, then a little milk, alternating until all is used; add flavoring, now fold in the stiffly beaten whites of eggs and put the batter either in two layer cake pans or a sheet pan. Bake in a moderate oven 30 minutes.—Mrs. H. B. White.

GRAHAM CRACKER TORTE—1 cup granulated sugar, $\frac{1}{2}$ cup butter, 3 egg yolks well beaten, 1 lemon rind, $\frac{3}{4}$ cup milk, 1 lb. Graham crackers rolled very fine, 2 teaspoons baking powder, whites of 3 eggs beaten stiff and folded in. Bake in two layers. Put together with cream filling, and ice with any desired icing.—Mrs. W. J. Moore.

FILLINGS AND FROSTINGS

BANANA FILLING—Slice 4 ripe bananas thin, add $\frac{1}{2}$ cup sugar, the juice of a large lemon and $\frac{3}{4}$ cup of finely chopped nuts. Add a little grated nutmeg.—Kate McLean.

DATE FILLING FOR DEVIL CAKE— $\frac{1}{2}$ lb. dates, stew in cold water, when soft add $\frac{1}{2}$ cup sugar.—Mrs. Lindsay.

CHOCOLATE ICING—Piece of butter melted, $\frac{1}{2}$ cup grated chocolate dissolved in hot water, thicken with pulverized sugar, flavor with vanilla.—Mrs. Lindsay.

CARAMEL ICING—1 cup sugar, $\frac{1}{2}$ cup milk, small piece butter. Boil until it will hang together when put in cold water. Stir briskly until cool enough to spread flavor.

ALMOND ICING FOR CAKE—Whites of 4 eggs, 1 lb. sugar, 1 lb. sweet almonds, a little rose water. Blanch the almonds and put through the meat chopper until very fine; a mortar is better if you have one. Mix the beaten whites and sugar, then the nuts and add the rose water to taste. Put on the cake very thick and when dry ice with plain icing.—F. Ward.

BUTTER ICING—Cream $\frac{1}{2}$ cup of butter and gradually beat into it 2 cups pulverized sugar and flavor to taste, orange piece or strong coffee.—This icing may be used with a pastry tube.—Mrs. J. Grundy.

FIG FILLING—Cook $\frac{1}{4}$ lb. of bag figs in boiling water until tender and the water about evaporated. Chop the figs fine, discarding the stems. Return the figs to the saucepan of liquid, add 1 or 2 tablespoons of sugar and 2 tablespoons of sherry, and let cook a few moments, when it will be ready for use.—A.M.B.

AMBROSIA FILLING—1 cup of rich cream whipped, add beaten whites of 2 eggs, 3 cups of granulated sugar, 1 cup of cocoanut, grate 1 orange rind and juice of 2 oranges. Let stand an hour or two. Place between layer cake and on top.—A.M.B.

COFFEE MARSHMALLOW ICING—30 marshmallows, 4 tablespoons strong coffee, 1 cup icing sugar. Heat the marshmallows in a double boiler; when hot and soft add coffee and sugar and beat until firm enough to spread.

SOFT CHOCOLATE FUDGE FROSTING—2 oz. of chocolate, 2 cups sugar, 1 cup milk and 1 teaspoon butter. Melt all together in a double boiler and stir while the sugar gradually melts. When about boiling, beat vigorously and cook to soft ball stage. Remove from fire, add the butter and let stand until cold, then beat until creamy and spread on the cake.

LEMON HONEY—1 lb. fine sifted sugar, $\frac{1}{4}$ lb. butter, juice of 4 lemons and rinds grated, 6 eggs, leaving out whites of two to be well beaten. Put ingredients into granite saucepan. Boil gently over slow fire until thick as honey. Pour into small jars and put brandy paper over them. It will keep good one year.—Mrs. T. W. Reynolds.

FLUFFY ICING—1 teaspoonful Knox sparkling gelatine, 3 table-spoonfuls cold water, $\frac{1}{2}$ teaspoonful vanilla (1 teaspoonful orange extract, if desired,), 1 cup sugar, $\frac{1}{4}$ cup hot water, 2 egg whites. Soak the gelatine in the cold water in a small cup and dissolve by melting over hot water. Add the sugar to the hot water and cook directly over the fire until the syrup will spin a thread. Turn out the heat, or remove pan from the fire, and add the liquid gelatine immediately, pouring it through a strainer into the syrup. Have egg whites beaten until stiff on a platter or a very large plate, and very slowly add the syrup, beating constantly between additions. When all the syrup has been added, add flavoring, pour icing in top of double boiler and cook over hot water, beating constantly with a slotted or other wooden spoon. When icing becomes so thick spoon can be drawn through it without icing running together again, it is ready to pile on cake. Remove from fire and pile icing quickly on cake, evening top with a broad bladed knife.

MARSHMALLOW ICING—1 cup white sugar, $\frac{1}{4}$ cup water, $\frac{1}{3}$ lb. marshmallows, $\frac{1}{4}$ cup water. Boil sugar and water until it hairs, then add marshmallows and beat well.

CARAMEL ICING—2 cups brown sugar, $\frac{1}{3}$ cup cream or sweet milk, 1 tablespoon butter, $\frac{1}{2}$ teaspoon vanilla. Boil till it drops slowly, but do not let it string. Stir a little to prevent curdling. Take from stove, add $\frac{1}{2}$ teaspoon vanilla and boil till creamy.

STRAWBERRY ICING— $1\frac{1}{2}$ cups icing sugar, 8 strawberries, 1 tablespoon butter. Cream butter and sugar, add berries beaten to a pulp, mixing all well together before spreading on cake.

BOILED ICING—1 Cup white sugar, $\frac{1}{4}$ cup boiling water, 1 teaspoon vanilla, whites of 2 eggs, $\frac{1}{2}$ teaspoon cream of tartar. Boil sugar and water until it hairs, pour slowly over stiffly beaten whites, to which cream of tartar and vanilla have been added. Beat till creamy.

MILK FROSTING— $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup milk, 1 teaspoon butter, $\frac{1}{2}$ teaspoon vanilla. Melt butter, add sugar and milk; stir. Heat to boiling point and boil without stirring for 13 minutes. Remove from fire, and beat until right consistency to spread. Add vanilla.

BOILED ICING—I large cup of icing sugar, 5 tablespoons boiling water, white of 1 egg beaten stiffly. Boil sugar and water slowly until it threads. Cool partially and add gradually to the beaten egg. Continue beating until the mixture is of proper consistency to spread. If chocolate icing is desired, add melted chocolate to taste after the egg has been beaten in.

LEMON FILLING FOR TARTS—1 cup sugar, 1 lemon (juice and rind), 1 egg, 1 cup boiling water. Let boil and thicken with a little cornstarch and water.

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MARMALADE—Weigh the oranges. Slice them finely, taking out the seeds. Add to every pound of fruit three pints of water. Let stand 12 hours, boil for half an hour. When cool add three pounds of sugar to every quart of pulp. Boil three-quarters of an hour.—Mrs. Robert Craig.

GRAPEFRUIT MARMALADE—2 large grapefruit, 3 lemons. Slice and measure, and to every pint of fruit add $2\frac{1}{2}$ pints of cold water. Let stand over night, then boil one hour. Set aside until following day. Weigh liquid and fruit. To every pound add $1\frac{1}{2}$ pounds of granulated sugar. Boil until it jellies (20 to 30 minutes). Take seeds from fruit, cover with cold water and boil slowly for half an hour. Strain this into the boiling fruit a little while before removing from fire.—Jessie I. Bowie.

FRUIT MARMALADE—Equal proportions apples, pears and plums all peeled and cut in small squares. To 1 lb. fruit add 1 lb. sugar. Melt sugar over slow fire till it forms a syrup, then add pears and boil short time, as they are the hardest of the three fruits; add apples and plums. Boil all well till a thick marmalade, then add a few blanched almonds.—Lily K. Lewis.

RHUBARB MARMALADE—3 bunches rhubarb, 3 oranges, $\frac{1}{2}$ cup water, 1 large cup chopped walnuts. Peel and cut rhubarb into small pieces; slice oranges thinly, then add to each cup of rhubarb one cup of granulated sugar. Boil slowly for a couple of hours, or until jellied. Add walnuts.—E. M. Reynolds.

RHUBARB MARMALADE—Six large cups rhubarb cut in inch lengths, 6 cups sugar, stand for 3 hours. Then add 2 cups chopped figs and 4 medium sized pieces preserved ginger minced fine. Cook slowly until thick. Put in jelly jars. Delicious for breakfast.—Mrs. R. A. Bowie.

SPICED RHUBARB— $2\frac{1}{2}$ lbs. rhubarb, 2 lbs. brown sugar, $\frac{7}{8}$ cup vinegar, 1 teaspoon cinnamon (ground), $\frac{1}{2}$ teaspoon cloves (ground). Boil till thick.—Mrs. J. Gill Gardner.

CANNED RHUBARB—Cut rhubarb in small pieces without peeling. Pour boiling water over, drain, and pack jars full. Allow the cold water to run from the tap into the jars until they overflow and the bubbles disappear. Place on rubbers and screw tops tightly. Keeps perfectly without cooking, or sugar. When required, heat with sugar.

RED CURRANT CONSERVE—3 lbs. red currants, 3 lbs. granulated sugar, juice of 2 oranges, 1 lb. raisins, $\frac{1}{2}$ lb. English walnuts cut up. Boil till thick.—Mrs. W. H. Dowsley.

CANNED RHUBARB—Wash the rhubarb and cut it into pieces an inch long. Do not peel. Pour boiling water over it and let stand a few

minutes then turn into cold water, drain this off, then put half pound of sugar to pound of rhubarb and let stand for an hour, then put on and let come to the boil. Boil five minutes, then bottle. S. Mansell.

CANNED PINEAPPLE—Shred and stand in sugar over- night, allowing three-quarters of a pound to 1 pound of fruit. In the morning drain. Boil juice and add fruit. Scald thoroughly and seal.

APPLE GINGER—4 lbs. each apples and sugar. Make a syrup of the sugar, adding 1 pint water. Chop apples very fine, with one ounce green ginger or white ginger root. Put in syrup, with the grated rind of four lemons. Boil slowly 2 hours, or until it looks clear.—Mrs. J. Grundy.

WHITE GRAPE CONSERVE—Wash and cut grapes in pieces without removing seeds. Cook without adding water till soft. Press through a sieve and simmer pulp fifteen minutes. Add 1½ cups sugar for each pint of juice and cook till clear and of a pale green. Pour into glasses and seal when cold.—M. M. Craig.

MOCK MINCE MEAT—1 pk. green tomatoes chopped and drained, 2 tablespoons each salt, cloves, cinnamon, allspice; 2 lbs. each currants and raisins, 6 lbs. brown sugar, 1 cup orange and lemon juice, 1 cup vinegar, ½ teaspoon red pepper, ½ pk. apples chopped fine. Cook slowly 3 hours. Add any left-over jam or jelly before cooking.—Miss Ward.

CHIPPED PEARS—Eight pounds of pears when peeled and sliced, 6 pounds granulated sugar, ½ pound preserved ginger, 4 lemons. Peel and slice pears and ginger, boil together for an hour slowly. Boil lemons whole in cold water until tender. Peel and cut into small bits and add to pears and sugar. Boil 1 hour longer. Add enough water to sugar to make syrup.—Mrs. R. H. Smart.

QUINCE HONEY—Take 5 quinces and 2 large apples, grate, or if you have a meat chopper pass through finest knife. Have a syrup of 1 quart water and 5 pounds sugar, boil 20 minutes. Put in jelly cups and cover with paraffine or tie with glazed paper.

GOOSEBERRY CONSERVE—5 lbs. green gooseberries, 4 pounds sugar, rind and juice of 4 oranges, cutting rind in thin slices, 2 pounds raisins. Cook until it jellies.

STEWED CRANBERRIES—To 1 quart cranberries add 1 pint of water. Cover and stew ten minutes. Add ½ pound of sugar and stand on back of stove where it will not boil, for fifteen minutes.—Mrs. Mansell.

CRANBERRY CONSERVE (For Meat or Sandwiches)—To 4 cups of cranberries add 1 cup of cold water and bring to the boiling point. When the berries "pop" rub them through a sieve. Add 1 cup of boiling water, 1 cup of seeded raisins (or the seedless variety), 1½ cups of black walnuts or pecans chopped, 3 cups sugar, and 3 oranges in thin slices, quartered and the seeds removed. Cook slowly over a low heat for 30 minutes. This will make a rich thick conserve and will keep perfectly.—A. J. C.

PEACH CONSERVE—Peel and slice 3 quarts of ripe peaches, add grated rind of 3 oranges and 1 lemon, 1 lb. seeded raisins, 1 cup walnut meats, chopped together; 1 teaspoon each cinnamon, ginger and mace. For each quart of fruit allow 1 pound of sugar. Boil slowly 1 hour, stirring to keep fruit from burning.—Mrs. Sydney Smith, Toronto.

CITRON JAM—Cut citron in small pieces and sprinkle over it about 1 pound sugar. Let stand over night. Boil next morning, adding thinly sliced lemon and dried ginger. Boil till fruit is cooked, then add remainder of sugar and boil till it thickens. To every pound of citron, $\frac{3}{4}$ pound of sugar.—Mrs. H. Gates.

CRABAPPLE AND GRAPE JELLY—To 1 peach basket of apples use $\frac{1}{4}$ basket blue grapes. Boil together with water as for any jelly and drain over night. Measure equal quantities of juice and sugar, bring to boil, and boil ten minutes. It jellies easily, and does not require quite equal quantity of sugar.—Mrs. W. A. Lewis.

STRAWBERRY JELLY—4 cupfuls strawberries, 4 cupfuls sugar, 3 tablespoonfuls lemon juice. Wash and hull berries, add sugar heated and place over a slow fire until enough juice is drawn out to prevent burning. Add the lemon juice strained, and allow the mixture to simmer gently, skimming frequently, until a very little dropped on a cold plate will jelly. Pour into hot sterilized glasses, and when cold cover with hot paraffin.

GRAPE JUICE JELLY—1 tablespoonful gelatine, $\frac{1}{4}$ cup cold water, $\frac{1}{4}$ cup sugar, 1 cup grape juice, 1 tablespoon lemon juice, $\frac{1}{2}$ cup boiling water. Soak gelatine in cold water until softened, add boiling water and stir until dissolved. Put in sugar, lemon and grape juice. Pour into mould and set in cold place to form.—Contributed.

RED CURRANT JELLY—Wash and drain currants. Bruise and cook till soft without adding any water. Allow juice to drip through jelly bag over night. Measure, bring to boiling point and boil 5 minutes. Add 1 pound of sugar for every pint of juice. Boil about three minutes. Turn into jelly glassess, and cover when cool.

SPICED GRAPE JELLY—6 lbs. grapes, 4 cups vinegar, 6 lbs. sugar, 1 tablespoon whole cloves, 3-inch stick cinnamon. Remove stems from grapes; cook grapes, vinegar and spices together until grapes are soft. Strain, boil ten minutes, add sugar (heated) and cook until it will jelly.—Mrs. Clifford Bissell.

MINT JELLY—Cut up without peeling 1 peck of apples. Just cover with cold water and boil to a mush. Drain through a jelly bag over night, then measure, and bring to the boiling point and boil hard for 20 minutes, skimming frequently. To 1 cup of juice (as measured before boiling) add $\frac{3}{4}$ cup heated sugar. Again bring to boiling point and boil for 5 minutes. During the last two minutes of boiling add a bunch of slightly crushed mint leaves. Remove the mint and cover the jelly with green coloring paste.—Contributed.

RED PEPPER JELLY—12 large red sweet peppers, 1 tablespoon salt, 1 pint of vinegar, 3 cups sugar. Remove the seeds and put through

a chopper, sprinkle with salt and let stand 3 or 4 hours. Drain and add vinegar and sugar. Boil gently until thick (about 1 hour).—Contributed.

TOMATO CATSUP—Boil half a bushel of tomatoes until soft, force through fine sieve, add 1 quart of vinegar, $\frac{1}{4}$ pint salt. Put 2 ounces whole cloves, 2 ounces whole allspice, 1 tablespoon black pepper, $\frac{1}{2}$ ounce cayenne pepper, 6 large onions together in muslin bag. Boil all together for 3 hours. Bottle when cold and seal.—Mrs. Field.

GRAPE CATSUP—6 pounds grape pulp. Prepare this by stewing the grapes, putting them over the fire with a little water and cooking till so tender that the pulp can be rubbed through a sieve leaving the skins and seeds behind. To this pulp add 2 pounds brown sugar, 1 pint vinegar, 1 tablespoon each ground cinnamon, mace, cloves, allspice, and white pepper, 1 teaspoon salt. Boil all together till thick, stirring constantly to prevent burning.—Mrs. D. Strachan.

GOVERNOR'S SAUCE— $1\frac{1}{2}$ dozen apples, 2 dozen ripe tomatoes, $\frac{1}{4}$ lb. salt, 4 sweet green peppers, 6 large onions, 1 red pepper, 3 pounds brown sugar, 4 tablespoons ground mustard, 2 tablespoons ground ginger, 2 pints vinegar. Boil till thick.—Mrs. Hitchcock.

GREEN TOMATO SAUCE—18 large green tomatoes, 4 onions, 4 red peppers, 1 bunch celery. Chop all very fine, add 2 cups brown sugar, 1 tablespoon salt, 1 quart vinegar. Put 2 tablespoons whole cloves and cinnamon in a bag, and let all boil 2 hours.—Mrs. J. Gill Gardner.

GREEN TOMATO PICKLE—4 pounds small green tomatoes. Pare and stand in brine over night. In a syrup made with 2 pounds brown sugar to 1 pint vinegar, seasoned with whole spice tied in a bag, a little cayenne, and 1 oz. ginger cut in tiny pieces. Cook until clear (about 25 minutes). Lift tomatoes from syrup and put in jars. Boil syrup till slightly thickened, pour over tomatoes and seal when cold.—Miss Smellie.

WINTER SALAD—2 quarts green tomatoes, 2 quarts onions, 2 bunches celery, 2 small heads cabbage, 4 red peppers. Chop very fine and add 1 cup salt. Let stand over night. Drain and add $\frac{1}{2}$ gallon vinegar, 1 oz. each celery seed, mustard seed, tumeric. Cook until tender, then add 1 cup flour wet with vinegar, and 3 lbs. brown sugar.—Mrs. J. A. McBroom.

RED PICKLE—Chop together 1 quart each raw cabbage and cooked beets. Cover with cold vinegar and add 2 cups sugar, 1 tablespoon salt, 1 teaspoon black pepper, $\frac{1}{4}$ teaspoon red pepper, 1 cup grated horseradish. Keep closely sealed.—Mrs. R. H. Lindsay.

PEPPER SAUCE—1 dozen red peppers, 1 dozen green peppers, 3 large onions. Chop all fine. Add 3 lbs. brown sugar, 1 pint vinegar, salt to taste. Boil ten minutes and bottle.

PICKLED BEETS—Boil young beets in salted water till tender. Cover with 1 cup cider vinegar, $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup sugar.—Mrs. Billings.

CORN PICKLE—18 large ears corn, 3 green peppers, 4 large onions, 1 ordinary head cabbage, $\frac{1}{4}$ lb. ground mustard, 4 cups brown sugar, 1 quart cider vinegar, 1 very scant cup salt. Cut corn from cobs. Chop all other vegetables. Boil together till tender. Vegetables may be put through meat grinder, all but the corn.—Mrs. W. A. Lewis.

RIPE CUCUMBER PICKLE—6 large ripe cucumbers, 6 large onions, 1 qt. of vinegar, 2 cups brown sugar, $\frac{1}{2}$ cup of mustard seed, 1 large tablespoon celery seed, $\frac{1}{2}$ teaspoon powdered alum. Cut cucumbers and onions in small dice, sprinkle with salt. Let them remain over night. In the morning drain thoroughly. Heat vinegar, sugar and spices, pour over scalding hot, drain off vinegar and heat again, add cucumbers and bring to a boil, then seal at once.—Mrs. D. B. Jones.

RIPE CUCUMBER PICKLE—Cut cucumbers in halves lengthwise. Stand in salt over night. Cut in two-inch pieces and cover with alum water, allowing 2 teaspoons powdered alum to every quart of water. Heat to boiling point and let stand on back of range 2 hours. Remove from alum water and chill in ice water. Drain. Make a syrup by boiling for 5 minutes 2 pounds sugar and 1 pint vinegar, with 2 tablespoons each whole cloves and cinnamon tied in a bag. Add cucumbers and cook ten minutes. Place in a stone jar. Drain and re-heat vinegar three successive mornings, pouring it over the cucumbers. Bottle.—Mrs. Chas. Swayze.

RIPE CUCUMBER RELISH—(No Cooking)—4 large ripe cucumbers, 4 large onions, 1 quart vinegar, 3 cups granulated sugar, 1 scant dessertspoon ginger, salt and pepper. Peel and seed cucumbers and chop together with onions. Drain. Add vinegar, sugar and ginger, lastly salt and pepper. Seal in perfectly sterilized jars, using new rubbers.—Mrs. C. D. Perrin.

CORN RELISH—12 ears corn, 1 qt. cucumbers, 2 qts. ripe tomatoes, 2 bunches celery, 4 onions, 2 green peppers, 2 red peppers. Put through meat chopper and add 1 qt. vinegar, $2\frac{1}{2}$ cups brown sugar, 1 tablespoon salt, 1 tablespoon mustard, 1 tablespoon tumeric. Cook 50 minutes.—A. J. Comstock.

GHERKINS—Wash small cucumbers and let stand over night in a brine made of 1 teacup salt to 1 quart water. Pack in sterilized bottles, cover with the following liquid: 1 pint white wine vinegar, 2 tablespoons whole mixed spice, 4 tablespoons brown sugar (add more sugar if desired), pinch of salt petre and powdered alum. Let all come to a boil and pour hot over gherkins. This should cover two pickle bottles.—Mrs. W. McL. Gardner.

CUCUMBER SAUCE—6 dozen cucumbers about 4 inches long, 1 quart onions after they are chopped, 5 cts. mustard seed, 5 cts. celery seed, 5 cts. salad oil, 1 teaspoon turmeric, 1 dessertspoon mustard, 3 cups brown sugar, 1 tablespoon curry powder, 3 pints vinegar. Slice cucumbers very fine (across the cucumber not lengthwise), chop onions, sprinkle with half cup of salt, let stand over night, drain, add vinegar and all other ingredients, using part of vinegar to mix curry powder, mustard and turmeric, let boil three minutes, then add cucumbers and onions. Let stand on back of stove for ten minutes and bottle.—Mrs. Jas. Laidlaw.

SWEET APPLE PICKLES—1 peck of sweet apples, 3 lbs. sugar, 2 quarts vinegar, $\frac{1}{2}$ ounce cinnamon, $\frac{1}{2}$ ounce cloves. Boil apples until soft enough to put a straw through them, but do not let break.—Mrs. W. A. Gilmour.

PICKLED ONIONS—Make a strong brine (enough to float a potato), soak onions in this for 2 days, remove and put in milk and water for 2 hours to bleach them. Boil enough vinegar to cover onions, add a good handful of whole peppers, 2 pieces of mace, a few small red peppers, a few whole cloves, a little salt, 3 tablespoons white sugar, pour over onions. Seal at once.—Miss Ogilvie.

PICKLED BEANS—1 pk. butter beans cut in two. Boil in salted water for $\frac{1}{2}$ hour, drain. Bring to a boil 3 pounds brown sugar and 3 pints vinegar. Mix with a little cold vinegar 1 cup mustard, 1 cup flour, 2 tablespoons turmeric, 2 tablespoons celery seed, 1 tablespoon curry powder. Add to first and boil till thick. Pour over beans.—Victoria Rath.

CELERY SAUCE—30 tomatoes, 3 green peppers, 15 tablespoons white sugar, 4 tablespoons salt, 7 cups vinegar, 3 heads celery, 4 onions. Chop very fine. Boil 2 hours.—Miss Cossitt.

CHILI SAUCE—1 peck tomatoes, 8 large onions, 6 cups brown sugar, 5 tablespoons salt, 3 red peppers, 4 cups vinegar, 1 bunch mixed spice. Boil $2\frac{1}{2}$ hours.—Mrs. S. J. Williams.

FRUIT CHILI SAUCE—30 large tomatoes, 6 onions, 6 red peppers, $1\frac{1}{2}$ teaspoons cayenne pepper, 6 each peaches and pears, 5 cups brown sugar, 2 tablespoons salt, 1 pint vinegar, 2 teaspoons each allspice, cinnamon and cloves, 1 teaspoon ginger. Cook all together 2 hours.—Mrs. T. Delahaye.

MEAT SAUCE—4 qts. green tomatoes, 3 qts. ripe cucumbers, 3 qts. cauliflower, 3 qts. onions, 6 green peppers. Chop very fine, sprinkle with 1 cup salt and let stand over night. Then drain through a collar. Add 1 gallon of vinegar and two oz. of mixed spices, $3\frac{1}{2}$ cups brown sugar. Boil for 4 hours. When nearly done, mix $\frac{3}{4}$ of a cup of flour, 7 tablespoons mustard, 1 oz. turmeric in a little cold vinegar and stir in gradually.—Mrs. Rowsome.

WINTER SAUCE—Chop very fine 1 peck green tomatoes, 2 dozen onions, 6 green peppers, and stand in salt over night. Drain thoroughly. Boil with vinegar enough to cover, 1 cup brown sugar, $\frac{1}{2}$ cup mustard seed. Pour over tomatoes and bottle.—M. B. Dana.

MUSTARD PICKLES—2 quarts white onions, 3 quarts small cucumbers, 1 dozen green peppers. Boil in water first, and mix in at last 8 heads celery, 3 cauliflowers. Put all together in brine made of 3 tablespoons salt and enough water to cover. Put pepper through meat chopper. Dressing: 3 cups sugar, 1 cup mustard, 1 cup flour (2 cups flour if wanted thick), 1 ounce turmeric, 1 ounce butter, 1 egg, 4 quarts cider vinegar. Bring vinegar to boil with sugar and butter. Mix tumeric and mustard in a little cold vinegar. Beat egg, then flour and vinegar, and add tumeric and mustard. Stir constantly until thick enough. Pour over vegetables, which have been washed and drained.—Mrs. Moody.

MUSTARD PICKLE—1 quart small onions peeled, 1 quart small cucumbers (cut if you like), 2 heads celery, 1 cauliflower, 3 red peppers cut in small pieces. Cover with brine (less than 1 cup salt to 1 quart water). Let stand 24 hours. Put on and scald in the brine. Drain in colander and pour over them the dressing. Dressing: 2 cups brown sugar, 1 cup flour, 6 tablespoons mustard, 1 tablespoon turmeric. Add very slowly 2 quarts cider vinegar. Boil 1 hour in double boiler and pour over pickles. Bottle while hot and seal.—E. B. D.

MUSTARD PICKLE—1 qt. cauliflower, 1 qt. cucumber, 1 qt. small onions, 3 qts. vinegar, 1¾ cups brown sugar, ¼ lb. mustard, ½ oz. turmeric, ¾ cup flour, ¼ teaspoon cayenne pepper, 1 teaspoon curry powder, salt to taste, 3 green peppers, 2 heads celery, 1 qt. green tomatoes, a few chillies. Chop all vegetables (except the onions) and sprinkle with salt, leaving over night. Blend all condiments. Boil the vinegar and pour over the condiments. When mixed smooth, pour on the chopped vegetables.—A. S. Atkinson.

PICKLED PEACHES—To 12 pounds peaches use 5 lbs. sugar, 1 qt. good vinegar, ½ oz. cloves, 1 oz. cinnamon. Dissolve sugar in vinegar. After skimming, add as much fruit (after rubbing) as can be conveniently cooked. When fruit is all cooked, bottle and cover with the juice that is left.—Mrs. J. M. Gill.

SPICED PLUMS—5 lbs. fruit (stoned), 4 lbs. sugar, 2 tablespoons each ground cinnamon and ground cloves, 1 pint vinegar. Boil 2 hours, putting the vinegar in the last half hour.—Mrs. J. Gill Gardner.

CANNED TOMATO SOUP—2 pecks ripe tomatoes, 6 cloves, 6 large onions, 8 bay leaves, 1 head celery, 1 bunch parsley. Cook all these together (leaving skins on tomatoes) for 2 hours. Strain and rub through a coarse sieve, and add 1 cup granulated sugar, 1 cup butter, 1 large cup flour, 1 small cup salt, ½ teaspoon cayenne pepper, or a fresh pepper boiled with tomatoes. Cook all together and bottle in pint jars. Use milk to thin when using and a pinch of soda.—Mrs. Dewar (Montreal).

BRINE FOR TONGUE—1 large cuffee cup of salt, ¼ cup white sugar, a little salt petre size of a hickory nut. Boil all together in preserving kettle of water (about 6 or 8 quarts. Skim and cool.—Mrs. Field.

BEAN PICKLE—1 peck beans boiled or steamed till tender, salt well; 3 pints vinegar, 2½ lbs. white sugar, 1 cup flour, ½ cup mustard, 2 tablespoons celery seed (ground), 1 tablespoon turmeric. Mix the spice and flour with a little cold vinegar, then add the remainder of vinegar and beat well. Pour over beans and bottle.—Mrs. W. H. Woodrow.

PEPPER HASH—1 large cabbage, 6 onions, 12 green peppers and 6 red peppers (sweet). Chop all fine and let stand over night with small cup of salt sprinkled through. Drain through a cloth quite dry, then add 3 cups sugar, 1 tablespoon celery seed and enough vinegar to cover. All cold. Seal.—Mrs. D. D. Donovan.

CUCUMBER SALAD—1 qt. sliced cucumbers, 1 onion sliced, 1 green pepper. Sprinkle with salt, let stand 3 hours. Add 1 cup brown sugar, cloves, 1 teaspoon turmeric and vinegar to cover. Heat all well, but not boiling; add mustard seed and seal in air-tight jars.—Mrs. Clifford Bissell.

SPANISH PICKLE—12 large green sweet peppers, 12 large red sweet peppers, 15 small onions. Remove seeds. Put all through meat chopper. Cover with boiling water; let stand 15 minutes; drain. Cover again with boiling water; let stand 10 minutes; drain. Add 1 quart white wine vinegar, 2 cups sugar, 1 level teaspoon salt. Cook ten minutes. Bottle.—Mrs. P. McCrae.

VERY GOOD MARMALADE IN TWO HOURS—Put through chopper 1 grapefruit, 1 lemon, 1 orange, taking out nothing but the seeds. Cover with 12 cups cold water and put on to boil. Put 12 cups of sugar in oven to heat until it sizzles, then put in fruit and water. Boil 1 hour, why, I do not know, but at the end of hour I add the juice of 2 lemons and 1 cup sugar. In a few minutes it will jelly, and you have ten jars of clear jelly.—Mrs. Canham, Toronto.

CHERRY OLIVES—Wash large English cherries leaving stems on. Put gently into pint jars, add 1 dessertspoon salt. Fill jars up with white wine vinegar.—Mrs. W. H. Price, Toronto.

TO CAN TOMATOES—Fill jars with tomatoes, pressing well down with a silver knife; 1 teaspoon salt to each quart of tomatoes. Put tops on loosely. Put on in cold water, let boil for 20 minutes, then tighten tops and boil for 17 minutes. Stand jars on rack or folded cloth in boiler.—Mrs. Robt. Craig.

SPICED RED TOMATO PICKLE—7 lbs. tomatoes (small), 4 lbs. white sugar, $\frac{1}{4}$ lb. spices (in bag), 1 pint vinegar (cider), a little salt. Make syrup and put whole peeled tomatoes in it. Boil for 1 hour (slowly). Remove tomatoes, taking care not to break them, then allow syrup to boil until it thickens. Put the tomatoes in again and let boil for half an hour.

SPICED CURRANTS—7 lbs. currants, 5 lbs. brown sugar, 1 pint vinegar, 3 tablespoons cloves, 3 tablespoons cinnamon. Pick over currants, wash, and put in a kettle and add vinegar, sugar, and spices tied in muslin. Heat to boiling point and cook slowly $1\frac{1}{2}$ hours.

TOMATO MUSTARD—1 peck tomatoes, 3 large onions. Slice tomatoes and onions without peeling, boil together, strain through colander, then through sieve. Add 2 pints vinegar, 5 cents worth turmeric, 1 cup mustard. Mix mustard and turmeric with vinegar, salt and sugar to taste. Boil until thick, 2 cups sugar, $\frac{1}{2}$ cup salt.—Mrs. W. J. Moore.

SPICED GRAPES—16 pounds fruit, 4 lbs. sugar, 1 pint vinegar. Boil. Strain through colander. Boil until thick. Just before taking off stove stir in two tablespoons each ground cloves and cinnamon.—Mrs. Robt. Wright.

TOMATO BUTTER—Peel 10 pounds of ripe tomatoes and stand in vinegar, enough to cover, over night. Make syrup of 1 quart vinegar, 3 lbs. sugar, $\frac{1}{2}$ teaspoon red pepper, 1 tablespoon each cloves, cinnamon, allspice and salt. When syrup is hot, put in tomatoes and the vinegar they are soaked in and boil till thick. Skim off seeds before adding tomatoes to syrup.—Mrs. Geo. Smart.



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BEVERAGES

COCOA—Allow 1 spoonful cocoa to each person and mix with a little sugar and thin it with a little boiling water; add to boiled milk and cook from twenty minutes to one-half hour. If liked, 2 or 3 drops of vanilla may be added. Whip with Dover beater to prevent any scum forming.

CHOCOLATE— $\frac{1}{2}$ cup sugar, 6 tablespoons chocolate, pour on 3 cups boiling water and boil from fifteen minutes to one-half hour. Pour in 3 cups milk and let come to a boil and beat with an egg beater on the stove, making it light and frothy. Serve with teaspoon of whipped cream in each cup.

COFFEE—For a medium sized coffee pot take 5 tablespoons coffee, beat thoroughly with 1 egg and crushed shell of same, add 1 cup of cold water and let come to a boil, then add enough boiling water to fill coffee pot, and let the whole simmer for five minutes.

To serve 25 people, allow 1 lb. coffee and 6 qts. water, and 4 eggs. mix in cold water. Pour on the boiling water and simmer for 20 minutes.

RUSSIAN TEA— $\frac{1}{4}$ lb. tea to 1 gallon of cold water. Put tea in jar, pour water over it let stand 12 hours. Strain and sweeten to taste; add juice of 20 lemons, also the rind of 2 lemons. Use Ceylon and India grade 1 tea. $2\frac{1}{2}$ lbs. sugar sweetens 1 gallon tea. Make syrup of the sugar before adding to tea. Serve from punch bowls. One gallon of tea serves 40 people.—Lila McNeel (Ky.,

CURRENT PUNCH—2 cupfuls currant jelly, 1 pint boiling water, $\frac{1}{4}$ cupful sugar, 3 oranges, 2 lemons, mineral water. Halved orange slices. Whip jelly to a froth and add boiling water to dissolve. To this add the juice from the oranges and lemons, and the sugar. Cool and serve, diluted with mineral water or ice water, and garnish with halved orange slices.—Good Housekeeping Institute.

GRAPE JUICE PUNCH—1 cup sugar, 2 cups grape juice, juice of 2 lemons, $\frac{1}{2}$ cup orange juice, 1 cup grated pineapple, 4 sprigs mint, mineral or ice water, few halved seeded white grapes. Make a syrup of the sugar and water letting it boil one minute. Allow to cool, then add fruit juices, grated pineapple and sprigs of mint bruised to emit flavor. Serve cold, diluted with mineral or ice water, and garnish with a few halved seeded white grapes.

GRAPEFRUIT PUNCH—2 cups water, $\frac{3}{4}$ cup sugar, 1 cup grapefruit juice, $\frac{1}{2}$ cup grapefruit pulp, juice of 1 lemon, $\frac{1}{4}$ cup Marachino cherries, mineral water. Combine sugar and water, boil 1 minute and let cool. Meanwhile extract the grapefruit juice and to this add the grapefruit pulp and the lemon juice. Allow to chill thoroughly and then add the Marachino cherries cut in halves. Dilute with mineral ice water and serve very cold.

GRAPE JUICE—Wash and stem grapes and almost cover with water. Boil twenty minutes. Strain in jelly bag over night. Measure 1 cup sugar to 1 quart of juice. Boil 5 minutes. Strain. Bottle while warm.—Mrs. J. S. Copland.

GRAPE WINE—Pour 2 quarts boiling water over 20 pounds grapes. When cool, squeeze with hands and let stand for three days in a crock covered with cloth. Strain through jelly bag. Add 10 lbs. loaf sugar and let stand a week longer, or until it ceases to ferment. Remove scum. Strain again and bottle.

DANDELION WINE—2 quarts dandelion blossoms, 6 lemons, 8 quarts boiling water, 6 oranges, 8 pounds granulated sugar, 6 tablespoonfuls baker's yeast. Pour boiling water over the blossoms, and let stand 24 hours in a warm place. Slice the fruit, rejecting seeds, and let stand in the sugar over night. Next day strain blossoms, and to the liquid add sugar, fruit, and yeast. Let stand from five to eight days in a warm place to ferment. Strain, and after a day or two longer, bottle. The color will not be clear for some time after making.—Mrs. W. A. Lewis.

ORANGEADE—4 oranges, 3 lemons, 4 pounds white sugar, 2 oz. citric acid. Grate the yellow skin (not the white part) of the oranges, add the acid and sugar, and scald with 2 quarts boiling water. When cool, add the juice of oranges and lemons. Let stand 24 hours, strain and bottle. Take one tablespoonful, or a little more according to taste, to a glass of water.—Mrs. A. N. Clark, Armouries.

FRUIT PUNCH—3 lbs. white sugar, 1 dozen oranges, 1 dozen lemons, 2 pineapples, 1 bottle grape juice, 7 bottles cream soda, cochineal. Method—Pare rind thinly from 6 oranges and cover with 1 pint boiling water. Let stand 1 hour. Squeeze juice from the oranges and lemons and add sugar. Stir till sugar is dissolved. Add pineapple grated. Mix orange water and fruit juices. Stand aside for some time. Strain, and when ready to serve add cream soda. To obtain a darker color, add a little dissolved cochineal.—Mrs. Robert Driver.

GRAPE JUICE—To 1 cup grapes add $\frac{1}{2}$ cup white sugar. Put in quart jar and fill to top with boiling water. Seal air tight, and pour off carefully when using.—Mrs. E. J. Reynolds.

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BROCKVILLE

INVALID COOKING

MUTTON BROTH—To each pound of meat add 1 quart of cold water. Bring gently to boil, skim, let simmer 3 hours, add 1 tablespoon rice and boil till rice is cooked. Season to taste.

CHICKEN BROTH—A fowl, not too young, cut in pieces, 1 quart water to 1 pound fowl. Cook same as mutton broth. Serve with hot toast or crackers.

BEEF TEA (Quick Way)—Put in preserve jar tightly covered 1 lb. of beef cut into inch squares or finer. Put the jar into a kettle of cold water with a saucer in the bottom. Let it come slowly to a boil and boil for an hour. Take out the jar and squeeze the beef.

BEEF BROTH AND EGGS—Make a good broth and pour over a well beaten egg. Season with salt and serve with a slice of delicately browned toast.

BARLEY WATER—1½ tablespoons pearl barley, ½ teaspoon sugar, 1 small lemon (juice and yellow rind), 2 cups water. Simmer to ⅓ the quantity.

ROLLED OATS GRUEL—3 tablespoons of rolled oats, 1½ cups water, 1½ cups milk, dessertspoon of sugar, nutmeg to taste, 1 egg if desired. Mix the oats, milk, sugar and water in stew pan and allow to boil well for 15 minutes, then strain while hot and add salt and nutmeg and boil for 15 minutes longer. If egg is desired have it thoroughly well beaten and add to gruel before boiling the second time.—Mrs. W. A. Gilmour.

KOUMISS—⅔ of a cake of yeast (Fleischman's), 1 tablespoon of sugar or less, 1 quart of fresh milk. Warm milk to blood heat and add the sugar. Dissolve the yeast in 2 tablespoons of warm (not hot) water and add to milk already warmed. Put in bottles with patent stoppers, only fill ¾ full and shake each bottle from 4 to 7 minutes. Then set for 6 hours in a warm place (Fahrenheit 78 or 80), where you would put bread to raise. Move bottles to a cool place till ready to use.—Mrs. W. A. Gilmour.

JELLIED EGGS—Allow 1 quart water to 1 egg. Place egg in cold vessel on the table, pour boiling water over it, cover with plate and allow to stand 7½ minutes. Albumen will be jellied, yolk soft. Easily digested.

MILK AND ALBUMEN—Put into a clean quart bottle ½ pint of milk, white of 1 egg and a pinch of salt. Cork and shake hard for five minutes.

CREAM TOAST—Put 1 quart of milk in a double boiler. When hot add 1 tablespoon of cornstarch moistened in 3 tablespoons of cold milk.

Cook and stir until it is consistency of cream, add 1 teaspoon salt, 1 tablespoon of butter, and pour it at once over warm toast.—Mrs. Rorer.

SOFT CUSTARD—1 pint of milk, yolks of 2 eggs, 1 tablespoon sugar, $\frac{1}{2}$ saltspoon salt. Let milk come to a boil, add eggs, sugar and salt well beaten together. Stir till it creams, flavor, cool. Serve.

FRUIT BLANC MANGE—A cup of any fruit juice, fresh or canned, heated, sweetened to taste, and thickened with a tablespoon of cornstarch. Cook well and serve cold with milk. If a little less cornstarch is used and when nearly cold the stiffly beaten white of an egg is added a delicious float is the result. All juices should be strained.

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CONFECTIONERY

RUSSIAN TAFFY—1 tin Betty Brand Milk,, 2 tablespoons corn syrup, 2 cups brown sugar, generous $\frac{1}{4}$ lb. butter. Put all in a pan set in hot water until dissolved, then boil 2 minutes, stirring constantly. Pour on buttered tins.—Mrs. H. Lynn.

CHOCOLATE FUDGE—Bring to a boil $\frac{1}{2}$ cup of water, $\frac{1}{3}$ cup sugar, 6 tablespoons cocoa. Pour into double boiler together with $1\frac{1}{2}$ cups milk, 1 tablespoon gelatine, heat. Beat yolks of 3 eggs slightly, add $\frac{1}{2}$ cup of sugar and pinch salt. Put this with first mixture in boiler, stirring constantly and cook until begins to thicken. Remove from stove and add whites of 5 eggs, beaten stiff with $\frac{1}{2}$ teaspoon vanilla. Turn into moulds.—E. B. Walton.

TURKISH DELIGHT—1 oz. Knox gelatine soaked in $\frac{1}{2}$ cup cold water. In a saucepan put 1 lb. graulated sugar, $\frac{1}{2}$ cup water, when this boils, add the soaked gelatine, the juice and grated rind of 1 lemon, or 1 orange, let this boil for 20 minutes, add 2 tablespoons of rum, and pour into a deep pan, which has been wet with cold water. When firm, cut into squares and roll in confectioner's sugar.—A. S. Atkinson.

STUFFED DATES—Mince walnuts or any other nut meats. Open and stone dates. Fill the opening with the nuts and roll in pulverized sugar.—M.E.B.

MAPLE CREAM—4 cups of brown sugar, 2 cups maple syrup, or 6 cups maple syrup, $1\frac{1}{2}$ cups of cream, butter size of walnut. Let sugar and syrup come to the boiling point, before adding cream. Let the whole boil until thick enough to form in water. Stir while cooking and until cool. Pour into pans and cut in squares.—A.B.

COCOANUT CREAM—2 cups white sugar and a little water. When boiling add $\frac{1}{2}$ cup of cream, stir while boiling, Boil until it threads. After taking from the fire stir in $\frac{1}{2}$ cup of cocoanut. Beat until creamy, then pour into pans.—A. B.

TAFFY—4 cups dark brown sugar, 1 cup boiling water, 1 teaspoon vinegar and also of flavoring, piece of butter size of walnut. Boil without stirring until it will harden in water. Pour on buttred tins. Stir as little as possible.—A. B.

SALTED PECAN NUTS—Beat an egg slightly; moisten the nut meats, a few at a time in the egg. Place on a baking tin, dredge lightly with salt and let dryin the oven.—B. C. M.

DIVINITY CANDY—2 cups white sugar, $\frac{3}{4}$ cup corn syrup, $\frac{1}{4}$ cup water. Boil until it hardens in water. Beat into the stifly beaten white of 1 egg, when almost cool, beat in $\frac{1}{2}$ cup of chopped blanched almonds. Pour into a buttered pan and make into squares.—M. C. Lewis.

MOLASSES TAFFY.—1 cup molasses, 1 cup brown sugar, 2 tablespoons melted butter, 1 tablespoon vinegar. Boil until brittle when dropped in cold water, then add 1 teaspoon baking soda; pour on buttered platter, when cool enough to handle, pull till a light brown, roll into sticks, or cut into dice.—A. S. Atkinson.

DIVINITY FUDGE—1 cup granulated sugar, 1 cup brown sugar, $\frac{1}{4}$ cup water, 2 eggs (whites only), 1 teaspoon vanilla, $\frac{1}{2}$ cup chopped English walnuts, $\frac{1}{4}$ cup Karo syrup (white). Cook sugar, syrup and water till crisp when tried in cold water. Beat whites of eggs in a large bowl and pour the syrup slowly onto them, beating the whole till it begins to harden. Add vanilla and nuts and continue beating till stiff enough to hold its shape when dropped from a spoon on waxed paper or marble slab.—Mrs. Lea, Baltimore.

CHOCOLATE FUDGE—2 cups granulated sugar, 2 cups brown sugar, 4 squares Baker's' bitter chocolate, 1 level tablespoon butter, 1 cup cold milk preferably top milk, 1 teaspoon vanilla. Melt chocolate in double boiler, add to the sugar, milk and butter. Let boil slowly till thick as whipped cream, then set aside to cool. Add vanilla and beat till creamy. Pour at once into a buttered square cake pan and mark in squares when nearly cold. Do not stir while cooking.—Mrs. Lea, Baltimore, Md.

CRYSTALLIZED GRAPE FRUIT—1 grape fruit. Peel off yellow rind very thin and throw away, also the pulp. Then take the inner white, cut in strips, cover with water and bring to boil. Drain; cover again with cold water and bring to boil. Drain, keeping 2 tablespoons of the water, add 1 cup white sugar and boil until fruit is quite clear and liquid all used up. Roll each piece in fine granulated sugar at once, and lay on plate to dry.—Mrs. R. H. Smart.

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HOUSEHOLD SUGGESTIONS

A teaspoonful vinegar beaten into boiled frosting, when flavoring is added, will keep it from being brittle or breaking when cut.

When cream will not whip, add the white of an egg to it. Let both cream and egg be thoroughly chilled.

When making egg custard pies, always heat the milk to the boiling point before mixing with eggs. If this rule is followed the undercrust will be crisp.

In cooking vegetables, cover those that grow under the ground (as onions, etc.). Leave uncovered all vegetables that grow above the ground.

To keep icing soft, add half teaspoon baking powder when beating.

Ripe tomatoes or lemon juice applied at once are good for ink and other stains on linen.

Kerosene removes ink stains and fresh paint; while nothing takes blood stains out better than cold soap suds to which a little kerosene has been added.

Remove mildew by rubbing with lemon juice and exposing to sun until stain disappears.

Remove coffee stains by brushing the spot with pure glycerine.

Place oil of peppermint where there are mice. It will drive them away.

Rust stains can be removed with equal parts of table salt and cream of tartar. Wet spot and spread mixture on.

Hot vinegar will take the shine from clothing. Sponge and press as usual.

If a glass stopper is fastened, tap gently around it with another and it will be loosened. The same rule applies to tumblers.

To take paint out of clothing take equal parts of ammonia and turpentine, saturate spots two or three times; wash in soap suds.

To clean leather chairs, mix one part vinegar and two parts linseed oil. Shake well, apply sparingly, and polish well.

Old brass may be cleaned to look like new by pouring strong ammonia on it, scrubbing with scrubbing brush, and rinsing in cold water.

A lump of camphor in silver chest will keep silver from tarnishing.

To distinguish mushrooms from poisonous fungi, sprinkle a little salt on the spongy part or gills. If they turn yellow they are poisonous; if black, they are wholesome. Cook an onion with fungi: If it turns black, it is not fit to eat. Use a silver spoon when cooking mushrooms: the silver will blacken if any injurious property is present. Never re-heat mushrooms.

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MISCELLANEOUS

TO SERVE FIFTY PEOPLE—The following table may be found useful in calculating the amount of food necessary to feed fifty people:—

Coffee, 2½ pounds.

Tea, 1 pound.

Cocoa (to 10 qts. liquid), 1 pound.

Butter, 2 pounds.

Rolls, 2 to each person.

Vegetables, 2 heaping spoonfuls to each person.

Peas, beans, corn (one pint cans), serve six.

Beef, lamb, veal, pork (raw), one-third pound per person.

Chicken, turkey, or duck, to be roasted, one-half pound.

Chicken, for pie or fricasee, one-fourth pound.

Fish (raw) one-fourth pound per person.

Ham (ten pounds) sliced thin, serves thirty people.

Salads (salmon, potato,) one-half cup per person.

Ice cream, eight servings per quart, ten with a sauce.

FLAXSEED LEMONADE—2 tablespoons flaxseed, 2 cups boiling water, 2 tablespoons lemon juice. Syrup: Pick over and wash flaxseed, cover with boiling water and let simmer one hour. Strain, add lemon juice and syrup to taste. Serve hot or cold.

HAND LOTION—2 oz. alcohol, ¼ oz. gum tragacanth, 2 oz. cologne, 2 oz. glycerine, 10c. worth Mary Garden perfume. Dissolve gum in 1 pint warm soft water. Let stand over night. Add other ingredients and bottle.

HAIR TONIC—1 oz. strong liquid ammonia, 3 oz. spirits of rosemary, 1 oz. tincture of cantharides, 1 oz. almond oil, 2 ozs. lavender water. Mix and apply to the hair roots with a piece of sponge or fine brush when the hair is falling out.

To promote the growth of the hair, mix equal quantities of olive oil and spirits of rosemary and a few drops oil of nutmeg. Rub a little into the hair roots every night.

Cantharides and castor oil in the proportion of 1 drachm to an ounce of oil, is also a good mixture.—Mrs. Allen Weir, Toronto.

TO BLEACH COTTON—Allow one large spoonful of sal soda and one pound of chloride of lime for thirty yards. Dissolve in soft water, strain, rinse the cloth thoroughly in cold soft water. Bleaches in fifteen minutes.

GLUE which will resist the action of water is made by boiling one pound of common glue in two quarts of skimmed milk.

FURNITURE CREAM—Shred finely 2 ounces of beeswax and half an ounce of white wax into half pint of turpentine. Set in a warm place to dissolve. Pour over this mixture the following: Boil together till melted half pint water, an ounce of castile soap, piece of resin size of a small nutmeg. Mix thoroughly, and keep in wide-necked bottle.—Mrs. Grundy.

A small lump of sugar dropped into the pot of tea will prevent tea stains.

Add a pinch of baking soda when cooking new peas, to keep them a nice green color.

A pinch of cream of tartar added to the boiling syrup for icing keeps it from getting sugary.

Make sauce for asparagus with same water in which it has been cooked. Use as little water as possible in cooking.

Try putting a little alum in jelly which refuses to jell.

Rub butter on fruit, coffee or tea stains, then wash in hot water and soap.

A Dover egg beater should never be left to soak in water, as the oil will be washed out of the gears, and the beater be hard to turn.

To prevent the filling from soaking the under crust of pies, beat the white of an egg, and before filling brush over the crust with the beaten white.

To make meat tender, add a spoonful of vinegar to the water in which it is cooked.

Sugar for fried cakes should be dissolved in the milk, to prevent the cake from absorbing the lard while frying.

If you wish your soup stock to jelly you may add a knuckle of veal, or, better yet, the feet of a chicken. To prepare the latter, drop them in boiling water for twenty minutes, and then pull off the skin. Three pairs of chicken feet will make a pint of firm white jelly. A little of this added to drawn butter and other sauces will give them velvety consistency not otherwise obtainable.

